CARAWAY

England & Wales · Charity number 1177743

Details

Status	Registered
Legal form	CIO
Registered	2018-03-28
Register	View on the Charity Commission register

Contact

Address	59 Brookvale Road Highfield Southampton Southampton Hampshire SO17 1QS
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Activities

Objects: GATHERING THE HARVEST IN OUR LATER YEARS“O PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT AND TO RELIEVE THE NEEDS OF OLDER PEOPLE WHO ARE SOCIALLY EXCLUDED BY VIRTUE OF THEIR AGE THROUGH BY PROVIDING SUCH SUPPORT AS DEEMED APPROPRIATE TO ASSIST THEM TO INTEGRATE INTO SOCIETY IN ACCORDANCE WITH CHRISTIAN PRINCIPLES.

Activities: To identify and meet the pastoral and spiritual needs of older people, in the community. To develop a team of Anna Chaplains and volunteers.To visit and resource care homes.To build bridges between churches and their local community within the City of Southampton, between voluntary and statutory bodies and between the generations in our society for the benefit of older people

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability, Religious Activities
- **Who:** Elderly/old People

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Geography

- Hampshire
- Southampton City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£54,853	£51,278	-	-
2024-03-31	£54,006	£55,967	-	-
2023-03-31	£48,944	£37,663	-	-
2022-03-31	£34,716	£31,281	-	-
2021-03-31	£43,598	£19,216	-	-

Trustees

Name	Role	Appointed
ESTHER CLIFT	Chair	2021-03-09
Barry Toward		2022-09-13
Dr Elisabeth Schroeder-Butterfill		2024-05-01
Dr ROSALIND SIMPSON		2018-03-01
Katherine Barbour		2022-05-28
Keith Fox		2022-09-13
Terence Peter Martin		2019-09-10

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CARAWAY

England & Wales - Charity number 1177743

Accounts

Caraway

Spiritually Resourcing the Older Person

Caraway Trustees Annual Report

for year ending
31 March 2025

Registered Charity Number 1177743

(CIO Foundation Registered March 2018)

www.caraway.uk.com

Caraway Trustees Annual Report

Charitable Objectives

Spiritually resourcing the older person, "To promote social inclusion for the public benefit and to relieve the needs of older people who are socially excluded by virtue of their age or dementia, by providing such support as deemed appropriate to assist them to integrate into society in accordance with Christian Principles."

Our Vision

Our vision is to give those in their older years a voice, to be alongside the lonely, isolated and bereaved and create community, where connections can be made, and friendships can flourish. We want to see a society in which every older person is valued, affirmed and able to realize their full potential.

Our Mission Statement

To promote the spiritual wellbeing of those in their later years, in community, care or church, reaching out to those of all faiths or none, so that each older person continues to feel significant and to flourish until the end of their life.

Caraway works in partnership with churches, voluntary and statutory agencies to support the older person in their local community and to be an effective advocate for those whose voice is not heard. We have a special focus on the dementia community In Southampton.

We now have nine Anna Chaplains together with Revd Dr Canon Erica Roberts, who is the City Chaplain for Older People and Revd Dave Hendra who is our new City Chaplain for Dementia. They enable the work of Caraway to be delivered in a way that is relevant for the local context.

The Context

In Southampton City, there is a total population of 263,769, of whom 3% are over the age of 65 years, 37,768 people (https://data.southampton.gov.uk/population/population-size-and-structure/).

In 2023 there were 1,726 people aged 65 or over in Southampton diagnosed with dementia, however the number of people living with dementia in the city was estimated to be significantly higher (2,663). This is expected to reach 4,480 by 2040. Of these, about 60% are living in the community and 40% are cared for in residential care. There are 32 care homes in the city, and 154 supported housing complexes. (www.housingcare.org). Day care services, carers and clubs for older people have largely been cut by the council and are provided by voluntary and charitable bodies such as Caraway. Dementia services have particularly been cut, closing the last council-run care home, closing the ward for dementia in-patients, and stopping the Dementia Navigators service which was provided by the Alzheimer's Society.

The Trustees have:

- Paid due regard to the guidance in the Charity Commission's general guidance on public benefit in reviewing the work undertaken in the last 12 months.
- Monitored the areas of activity undertaken and the sources of referral made for the services.
- Supported the development of new chaplains, community opportunities, and of courses, events and services to families living with dementia.

Our Aims and Objectives

1. To identify and meet the pastoral and spiritual needs of older people, their families and carers, in the community, within the church and for those who live in residential care.
2. To build bridges between churches and their local community within the City of Southampton, between voluntary and statutory bodies and between the generations in our society, in order to be an effective advocate for the older person.
3. To support, resource and train volunteers in identifying the wider challenges of growing older and enabling them to support these needs appropriately e.g. loneliness, bereavement, dementia, end of life issues.

4. To help the local Church recognise the enormous resource of wisdom, experience and gifts that this generation can offer the wider community and to enable each older person to realise their full potential.

Rev Canon Dr Erica Roberts, City Chaplain for Older People

A CHAPLAINS REPORT

This has been both a year of consolidation and of further growth. Consolidation, as our two new Dementia Chaplains have settled into their new roles, working as part of our Dementia Core Team and partnering well together. These appointments have enabled the development of the emotional and spiritual support for those attending the Carer's Course and for those living with dementia. Furthermore, they are both playing a key role as advocates for dementia care in Southampton.

Our Chaplaincy Service continues to grow, and it has been a delight to commission a further two Anna Chaplains this year, consolidating our team in the Lord's Hill area, led ably by Margaret Hague. With this ongoing growth, Catherine Wood has been appointed as our Chaplaincy Coordinator, to oversee the care, support and training of our Chaplains. We are delighted that Cath will also represent Caraway on the national BRF (Bible Reading Fellowship) Anna Chaplaincy team of Coordinators.

A further exciting area of growth is our Chaplaincy Visiting Service for Care Homes. We now have two teams led by Revd Dave Hendra at Mayflower Court and Jackie Cooper at Southampton Manor. We hope to learn from our experience, developing new models that can be replicated across the city for other care facilities. This builds on the successful, bimonthly Zoom Church Services that are offered to both Care Homes and Day Care facilities. We continue to offer regular space to support, pray and resource those volunteering in Care Homes. I have certainly found these to be both enriching and encouraging times.

As I have recently been reflecting on the privilege it is to be part of our Caraway family, and to see how some of the needs in the older community are being met by our wonderful team of Chaplains and volunteers, I am aware of the gentle and

sacrificial nature of what so many offer. It occurred to me that each of our offerings, be it of time, money, leadership, administration, friendship or prayer, is an act of worship that honours God and builds His Kingdom here in Southampton. What a beautiful picture for all those involved in Caraway!

Finally, as I step down from my role as City Chaplain for Older People and move on to a new chapter, I would like to express my huge gratitude again to all of those who are part of Caraway and enable us to make such a difference for our older community in Southampton. As I now entrust this work to others, I especially want to mention our wonderful core team, who not only work tirelessly, but also have fun together, dreaming, praying, planning and then bringing vision into reality. I leave Caraway in good hands, hugely grateful to God for all that has been possible and all that has been achieved over these past years. As I look to the future, I will continue to commit to be an advocate for those who are frail, vulnerable and isolated and also to pray that Caraway continues to move in step with God's Spirit, bearing fruit for our older people in Southampton.

Dr Ros Simpson, Chair of Trustees

Caraway is growing in size, maturity and range of services provided. As Chair of Trustees, I encourage the charity to keep the work and energy as close to our recipients as possible, that we go towards people who ask for our help, and that we follow up well, and encourage connections for that person in the community. We have developed a strong place in the community of Southampton and are respected and valued by other community groups and services, especially the NHS Social Prescribers which has been fruitful, and the Chaplains and volunteers connect us with many churches. Winchester Diocese has been very supportive, as opportunities to speak to clergy and ordinands and our annual conference day shows us.

Being safe, sustainable, financially stable and well led keeps me busy, and I am delighted to step down as Chair of Trustees so that Esther Clift can take over. Well done to all our trustees, staff, chaplains, volunteers and area workers for all you have achieved as teams in 2024-5 for the older people of Southampton. We are all people helping people and together we are stronger.

How Caraway activities have delivered the public benefit

In the past year Caraway has:

- Been involved with 10 amazing Memory Cafés across Southampton serving about 200 families living with dementia every month.
- Delivered Vintage Adventure @ Home Spiritual Resource booklets to over 300 people each month
- Our 10 Anna Chaplains have made over 200 visits to referred older people
- Welcomed 80 people to a Holiday @ Home adventure to Spain and shared resources with 4 other groups who hosted their own event
- Delivered over 170 prayer cards each month
- Welcomed over 60 people to an Afternoon Tea Dance
- Encouraged over 30 people on our Carers Course, enabling them and those they care for to live well with dementia
- Hosted 3 support meetings for all the 90 families living with dementia who have ever attended our carers courses.
- Celebrated Christmas with a service for all those involved with Caraway, whether on a team or being served
- Given away 100 Loneliness Packs to those in need
- Welcomed a new Trustee to the team who has taken responsibility for our Volunteers and their training
- Grown our Anna Chaplaincy team in number
- Regularly met 6 Care Homes on Zoom for a service of worship

For any Older People in the Community, the Anna Chaplains

Anna Chaplains are part of the BRF National Programme to develop Chaplaincy across the UK (www.annachaplaincy.org.uk). Anna Chaplains are named after the widow, Anna, who appears with Simeon in Luke's gospel; both are good role models of faithful older people. Anna Chaplains are there for people of strong, little or no faith at all.

Anna Chaplains provide spiritual care to older people appropriate for the local community; they can connect with the local churches, residential facilities and other community groups that care for the older person, listening to the local need and responding appropriately.

The chaplains are well led by Rev Canon Dr Erica Roberts, City Chaplain for Older People in Southampton.

Our Anna Chaplains are:

- Marion Hitchins, St Denys, Southampton
- Esther Clift, Margaret Hague, Sally Ducellier and Juliette Hooper, Southampton West
- Karen Kingston Chaplain for Dementia and Bitterne, Southampton East
- Carol Kidd, Lynne Sillence and Susan Wareham, Harefield and West End, Southampton
- Jackie Cooper, Southampton
- Rev Dave Hendra, City Chaplain for Dementia
- There 3 new chaplains in training.

A chaplain helping someone, makes contact and listens well to their story. They listen to the family's story as appropriate and they offer comfort, advice on end of life care, support through times of transition such as getting a diagnosis of dementia or cancer, and offer bereavement help. They encourage the person to make links with their local church and community as suitable, and they try to encourage ongoing supportive relationships.

They are supported by their own churches or a church in the area they work and receive referrals from them and from other sources such as health professionals via the Caraway website.

Chaplaincy Report from Catherine Wood

At the heart of Caraway's mission is our commitment to offering spiritual care and a compassionate presence to older people across the city. Over the past year, our chaplaincy team has continued to offer a listening ear, gentle encouragement, and a sense of hope in what can sometimes be challenging times.

Our chaplains work in partnership with local churches, care homes, and community organisations to support those experiencing loneliness, bereavement, illness, or transition. Whether through bedside prayers, quiet conversations over a cup of tea, or church services via zoom, we aim to affirm the dignity and value of every individual, and bring a little joy wherever we are.

This year we have commissioned two new Anna Chaplains on the West side of the City - Sally Ducellier and Juliette Hooper and Jackie Cooper on the East.

This year, our chaplaincy presence has grown in both depth and reach. We have:

- 13 Chaplains working across the city
- Provided regular chaplaincy input at 14 local Care Homes
- Walked alongside those navigating loss, change, and questions of meaning in later life
- Further trained and supported our Chaplains and volunteers in 1-2-1 Spiritual Care and other ways of helping people in the community
- Offered seasonal reflections and services that helped reconnect people with faith, memory, and community

The demand for spiritual care continues to grow as people face increasing challenges of loneliness, loss and ageing. We remain hugely grateful for the generous support of our volunteers, donors, churches and partner organisations who make this ministry possible.

Looking ahead, we are exploring new chaplaincy partnerships and developing training to equip more people to serve their communities with spiritual sensitivity and kindness. As always, our work is grounded in the belief that every person, regardless of age or circumstance, is cherished and has a story worth honouring.

Loneliness Project

Our Positivity Toolkit continues to be a valuable resource for chaplains and volunteers, offering thoughtful and practical items to share with older people they

support. These toolkits are designed to lift spirits, encourage small acts of self-care, and help foster moments of joy and connection.
One of our chaplains shared:
"I always carry a copy of the '50 Ideas of Things to Do' with me and have given out many copies. They're such lovely, inspirational prompts – even doing one small, positive thing each day can have a huge impact on someone who is housebound."

The toolkit's activities not only provide mental and emotional stimulation, but also invite intergenerational play and fun. One recipient told us:
"My grandchildren love the bean bag games when they visit – they even get me joining in! We have a little tournament – it's such good fun!"

This year, BRF (Bible Reading Fellowship) distributed 50 copies of our Guide to Positivity to Anna Chaplains nationwide, which sparked encouraging interest and follow-up orders.

We're also delighted to share that the toolkit and related resources are now available for purchase through our new online shop, launched in March 2025. This opens up new opportunities to share Caraway's vision of hope, creativity, and companionship with a wider audience.

Report from Rev Dave Hendra – Chaplain for Dementia

Dave Hendra joined the team in December 2023 and has developed a strong reputation for leadership and support for Chaplains, volunteers and staff. The work he has begun and supports includes: a men's carer group, support to care homes with trained volunteer visitors, supporting carers attending the Carers Course and running the ongoing carer support meetings. He is working with a psychotherapist to start a regular Bereavement Course for Southampton in April 2025.
He has spoken in teaching sessions at the Diocese of Winchester, preached at local churches, visits many people with regular visits or telephone calls.

We really value him for his friendliness, warmth, fun loving gifts and he is always ready to help. He has also proved a good cocktail maker at Holiday @ Home, provides focussed, fun and engaging training sessions and represents Caraway on radio, TV and speaking opportunities. So glad we have him working with us.

He says:

During a typical month I will …

Deliver VA@Home and prayer cards to three care homes, help run the Sholing Memory Café, support a course (like the Carers Course), visit individuals (carers and people living with dementia) in their houses, telephone individuals who have asked for support (approximately one a day), lead a service with our team at Mayflower Court, follow up individual queries via email, facilitate the men's walk'n'talk, attend team meetings, write talks, and deal with email admin.

Some More Detail …

Mayflower Court Care Home Service - This service seems to be growing - we are now a regular team of three (while additional volunteers drop in occasionally). We welcomed twenty residents at the last service we took. It was great - outside, in the garden, in the sunshine, looking at Jesus' miracle of turning water into wine.

Sholing Memory Café is remaining stable, with approximately five volunteers, and thirty guests. (The guests vary depending on health and weekly life-pressures).

Stats - Number of older people I have personally supported with telephone calls, visits, cards, meeting over the last 12 months:

I estimate to have supported this many people over the last twelve months:
Telephone calls: 100
Visits and one-to-ones: 120

The three main community groups I support are:

The Sholing Memory Café - 30 on average. The Carers Course - 8 on average. Men's walk and talk - 6 on average

We are in the process of setting up a new group (similar to the Carers Course) for individuals living with dementia who are able to share and would benefit from mutual support in a group setting. Launch is likely to be in October.

Four examples of individuals I have supported in the past year through situations such as loneliness, isolation, and/or end of life.

One.
I was invited by E to talk with them about a traumatic time during their marriage. Their spouse was living with dementia before they died. We spent two afternoons together, over the course of which E shared her story and the unforgiveness that was at the heart of it. E did not want to receive prayer but I was able to recommend a book by Desmond Tutu about forgiveness which contains Christian elements. E emailed a week later to say how helpful it had been simply to talk with someone and share the burden they had been carrying alone for decades. E also bought the book and found it very helpful.

Two.
I was invited by D to visit their partner B who is living with dementia. We did so a couple of times - at B's assisted living, and later in a care home. On both occasions we were able to read some Jesus Calling together and to pray. When B died, D and I continued to meet approximately once a month. D has a very inspiring faith but is understandably lonely. We were able to chat about all sorts of things, sometimes walk, and pray together often - which was great for us both! D was taken to hospital and I was able to visit them there. I felt very encouraged by D in my faith as well as being able to support them by listening to, and praying about, their hopes and fears. Before they died, D had even volunteered to be part of our team visiting individuals in care homes. I will miss D. My life is better for having known them.

Three.
P has volunteered to help at various things we do. They have their own needs and questions about faith too. We have had lots of great conversations about faith and aging one-to-one, and while en route to volunteer at the things Caraway is doing in the city. You never know when a significant conversation might happen. We have been able to pray together too as P explores faith.

Four.
Our walk'n'talk men's group seems like a bit of a jolly. And it is, for the first hour at least. We meet at the Cowherds usually, or sometimes at Woodmill Coffee Kitchen,

and from there we walk. As we walk, the group moves around and we often get to talk to a number of different people one to one. When we return to the watering hole we sit around a large table together. The group is very welcoming of new members. Every time, at some point one individual will naturally share something very difficult in their life relating to dementia. The men are very good at listening with empathy and are able to support the individual in that way. Often this will prompt a round of honest sharing which is great.

What I like most about my role as a Chaplain for Older People

I really value being employed to spend time with people who are isolated because of their circumstances. I love the opportunity to visit people, listen to them, and pray with them. I also love being able to help individuals connect with the supportive community that Caraway has created.

The Future

What is the greatest challenge for my work in the coming 12 months? I think this is still going to be the room to prioritize one to one contact over administrative demands. In addition, I anticipate that setting up the new group for people living with dementia will be both challenging and very rewarding. The challenge will be gauging the right level and type of content, and being open to adapt quickly as the abilities, wants, and needs of guests become obvious once we've started. Despite any challenges my work is rewarding and exciting, and the Caraway team of staff, volunteers, and trustees are a great team to work alongside.

Anna Chaplain for Southampton West – Rev Margaret Hague

This past year has continued to be busy but very blessed with Sally and Juliette being commissioned as Anna Chaplains to work alongside me in Southampton West - Sally in October and Juliette in November 2024. Beryl, a Caraway Volunteer (from Victory Gospel Church) working with us at Lord's Hill has now stepped down and we miss her as she undertook home visits, provided prayer cover and regularly attended a coffee morning in one of the sheltered housing blocks.

We continue to visit the six large sheltered housing blocks. We were able, with the help of Caraway, to print some flyers, which we distributed to some of the Courts introducing ourselves and creating an awareness of the CC&C group at Lord's Hill Church. When visiting the Courts we chat with various ones who pass by (including staff) and it remains a great way to informally build relationships in a safe, relaxing space, often knocking on a door for a quick chat as we pass by or posting the Vintage Adventure @ Home or Home Prayer Card through their door. 107 VA packs and 98 Prayer Cards are delivered in Southampton West per month, some by Sheila on her bike! These remain a valued lifeline to those who no longer attend church and those who are seeking God's peace for the first time. These numbers increase year by year. Alongside establishing relationships with many residents we are continuing to establish good working relationships with the Housing Support Workers and other staff members. Within these housing blocks there are significant numbers of adults with special needs and also sadly those with addictions.

Manston Court: Last year myself and one of our volunteers, Annette, visited their coffee morning once a month and occasionally their singing afternoon. The singing has now stopped and the coffee morning went into decline. I visit when possible but Annette continues to deliver the monthly VA/HPCs there, and many of the residents do now attend various events at Lord's Hill Church. We would however, like to re-instate a more regular visiting pattern although Lord's Hill Church do take a Communion Service there once a month.

Sarnia Court: Sally visits the coffee morning once a month where she is building good relationships with residents and staff. A staff member will phone Sally if there is a resident in need of a visit.

Rozel Court: Once a month Sally attends their craft afternoon where she is able to have many good meaningful conversations with those attending.

Neptune Court: Juliette has started visiting the newly restarted coffee morning on a monthly basis to build a relationship with the residents as well as the housing officers. She also visits the knitting group held there. Neptune Court is the largest of all the Courts and this is a significant breakthrough for us. Last year we prayed outside of the buildings.

Erskine Court: The three of us meet once a month at Erskine Court to plan and pray over this work. We then chat to residents and make any home visits. The Restaurant Manager there continues to alert us to any residents in need and Lord's Hill Church continue to take a monthly Church Communion service there. We are also able to take items the residents have donated, to Basics Bank held at Lord's Hill Church. We are hoping to draw up a leaflet to deliver to the smaller retirement flats nearby with our Chaplaincy services on one side and the restaurant details on the other as the restaurant needs to attract more local interest and increase its viability.

Coffee, Cake & Connect (CC&C): Juliette attends as Chaplain at this weekly drop-in on a Thursday at Lord's Hill Church. I attend once a month to give the monthly spiritual talk. I also organised and led the Carol Service for this group at Christmas.

Rownhams Manor Care Home: Some residents receive the monthly VA/HPC's. The minister of St. John's and St. Boniface, Graeme, takes a Communion Service there and we are currently looking at ways of supporting him. Visiting on their 1st Anniversary - a wide open door of opportunity presented itself.

Templeton Place Nursing Home: Occasionally Sally is able to help a local Church with a Care Home Service where she also delivers the monthly VA/HPC's.

Bereavement Course: I was able to help with the setting up of this new Caraway 6-week workshop held at Lordswood Church, with Sally, Juliette and myself each taking a turn in supporting the events. A further add on to the course is being explored to cover the spiritual dimension.

Half-Orange Bereavement group: Between myself and Sally we visit this group on a regular basis which runs weekly at Lord's Hill Church. We are able to pray with and support attendees.

Potters Court (Maybush): I continue to visit Potters Court Memory Cafe on a monthly basis. I met with the new Vicar of All Saints and St. Peter's, Maybush to see how Caraway can continue to work and support her - although our team resources are very limited. I continue to support by phone or visits - one in particular a Christian resident who was bereaved last year, helping her link back to her old Church fellowship. I've also been able to facilitate help for a dementia

resident from Dave our Dementia Chaplain. Potters Court continues to have significant building issues which is of ongoing stress to the residents and staff there. The Southampton West patch is large, as it also includes other smaller retirement housing, and individual family homes not included here, so it is often easy to feel overwhelmed but we rely on the Lord guiding us to the right place at the right time - where, by God's grace we often meet someone in such need. Maybe the topic of the VA/HPC is just right for their needs at that time, or they just need someone to pray peace over them. Recently phoning one lady she said *"I love the fact that when I am weak - you always seem to turn up!"* However, more workers would definitely make a difference enabling us to meet more needs.

I sit on the planning committee for the writing of the monthly Vintage Adventure and Home Prayer Cards and this remains such a rich source of encouragement both to me and to the recipients. These are looked forward to with such anticipation each month to the extent that if we are late delivering them for some reason - they start to panic!

I have conducted a funeral and attended many more.

For the second year running - a few days before Christmas Hamwic Brass Band came to 2 of the sheltered housing blocks (Sarnia and Rozel Courts) to play Christmas carols outside. Many came out of their flats and really enjoyed singing the carols whilst some opened their windows and listened. A Christmas evangelical newspaper was given to everyone and some VA's handed out too. This went well and everyone enjoyed the event.

Home visits continue to be a rich blessing to the recipient and myself! Often during the prayer time at the end of a visit the recipient will pray the Lord's blessing upon me! Home Communion has been taken also. Although this past year time restraints have meant that more phone calls have been made with less home visits, as this is more time efficient.

It's been a joy to see some of those met initially by us in the community now regularly attending church, either on Sundays or to the Church's weekly Tables Group/Alpha Courses.

Looking ahead: We will continue to go into the sheltered housing blocks and visit the various coffee mornings/craft groups etc. This year we have already booked the brass band to play Christmas carols again outside of Rozel Court and Sarnia Court as on previous years and hope to ask another brass band to play carols outside a further 2 sheltered housing courts.

We are meeting with the Vicar of Lord's Hill Church to share our vision for older people's ministry within Lord's Hill so that there can be a greater joining of Caraway vision to the local Church's vision. Lord's Hill Church has a focus on children and youth ministries and yet also such a heart for all generations and especially inter-generational ministry. We hope to explore this further.

Doors of opportunity continue to open, therefore by God's grace we still need to grow our team.

Caraway Dementia Support Services

Memory Cafés, people helping people

In March 2025 there were 9 memory cafés running once or twice a month each receiving between 15 and 20 guests regularly, each a small, supportive community of their own, run by caring, responsive, safe, well trained volunteers.

They are:

- Lord's Hill Coffee, Cake and Connect group
- Lordswood Memory Café
- Maybush Memory Café
- Shirley Memory Café
- Sholing Memory Café
- St Denys Memory Café, Thornhill Memory Café, Townhill Park Café, Weston Harmony Café, and Chai and Chat at the Hindu Vedic Centre.

Please see details about these cafés on our website:
https://www.caraway.uk.com/dementia-support/memory-cafes/

Creating community cafes for families helps people feel less alone. They are a lifeline for families living with dementia and guests attending socialize, make new friends, talk about their experiences, and access advice from volunteers and from visiting health professionals. The value of this support was recognised by the Archbishop of Canterbury when he visited the Sholing Memory Cafe recently. The cafés are supported by a large number of volunteers, musicians, exercise providers, activities, health professionals, social care providers and local organisations such as the MAST theatre and Southampton Museums and Heritage.

Endorsement By Archbishop of Canterbury, The Most Reverend and Right Honourable Justin Welby. October 2024 when he visited Sholing Memory Café and Carers Course.

"The afternoon I was able to spend with you in October 2024 was memorable and moving. What a wonderful ministry it is that Caraway provides.

The difference the Carers Course and memory café obviously makes to all of those carers who gathered was tangible. So many spoke to me of the lifeline that community was for them, how it gave them respite, practical support, encouragement, companionship, understanding and hope.

To provide such a space is the work of the Kingdom of God. I commend you and esteem you for all your service and pray that God might bless it richly."

Caraway runs the Southampton Dementia Network Group, with NHS Admiral Nurses, NHS Social Prescribers, Unpaid Carers in Southampton and other providers. Through this group, we develop links and connections that provide opportunities to improve the service for people with dementia.

CARAWAY COURSE FOR CARERS

(for those caring for people living with dementia)

Caraway Courses for Carers of People Living with Dementia

This unique course written and run by Dr. Ros Simpson, retired GP and medical teacher, started in April 2023, and runs three times a year. It is a seven session course of two hours each time.

"The model that I use in my Carers Course and individual carer support is called Emotional Logic. It is a method designed by an extremely intelligent GP in Ivybridge in Devon called Trevor Griffiths, with his wife Marian. He knew that understanding the grief emotions in a practical and understandable way is essential to help people know how to unpack their emotions, realise if and where they are stuck and to know what to do to get out of that stuckness." (Dr. Ros)

It is run in conjunction with an established Memory Café so that people living with dementia can also attend and enjoy some company and activities with others or in the memory café in the next room. 10 to 12 carers attend each course. They are referred to the course by Admiral Nurses, Social Prescribers and Memory Café leads, and of course self referral. The aim is to offer information, emotional support and advice on planning to live well with dementia. We believe that if the family understand about dementia, how to cope with it, gain knowledge about the journey and learn how to manage crises and transitions, then they will be less likely to feel burdened and stressed by their situation. They will act to ask for help to prevent crises and unnecessary hospital admissions, be well prepared with legal and financial aspects and they will involve their friends and family more.

Feedback: one man, a carer for his wife said:

I felt rescued and it's been a wonderful journey with you. I've listened much better, I don't get so angry now, because I could really flare up, so I've learnt a lot.

Another said:
I'm part of this community the people out there who have the exact same feeling as me and they can understand me. I am more confident, there has been a big change.

Professionals visiting sessions to give information and answer questions were: Admiral Nurses, Older Persons Mental Health Doctor, Occupational Therapist, Unpaid Carers in Southampton, Social Care in Action, Day Centres, a solicitor and telecare services.

Ongoing Support for Carers

By March 2025, we have 90 carers in this group of carers who have attended a carers course and some of our expert carers that we have supported for several years. For this group we are arranging an arts based session of support and networking three times a year and we are encouraging other peer led groups and Rev. Dave Hendra runs a men's carers group. They continue to attend their local memory café.

Caraway Dementia Services have been supported in 2023-5 by the McCarthy Stone Foundation; Southampton City Council; No Wrong Door (Hampshire NHS ICB)

Combating Loneliness: Caraway aims to combat loneliness

Holiday @ Home - July 2024

We provided resources for our Memory Cafés and other groups across the city and with the support of Highfield Church also hosted a day event ourselves to give our older community a 'day trip to Spain'! There was a full programme of events for the day to choose from, including craft activities, quiz, hand massage and of course a sumptuous lunch. The local school also visited to entertain us with songs. We had over 60 guests, including some from local Care Homes and everyone was given a gift bag of goodies as they left.

Feedback

To everyone involved in the creation of 'A Taste of Spain' many thanks indeed for such an enjoyable time - and a delicious meal!

Please pass on thanks to all who contributed. I was particularly pleased to be diverted with something which gave me positive and happy thoughts today.

I've seen the adverts for this over the years and always wanted to come and finally this year I have. It's been a great day.

We had a very enjoyable time in Spain yesterday so HUGE THANKS to you and everyone else who worked so hard to make the day special. The time went so quickly - the lady who did the exercise routine really is the greatest fun.

We were all truly blessed. It was a great day.

Please pass on my warm thanks to everyone involved for their hard work to make Holiday @ Home such a HUGE success! We Oldies had such an enjoyable day.

I much enjoyed our outing to Spain. A big thank you to all those who worked so hard to get us into the air, without flight delays. Thanks.

Tea Dance – 1st October 2024

It was in December 1990 that the United Nations announced that they would commemorate the International Day of Older People on 1st October starting in 1991 and this year Caraway celebrated the day and the 33rd anniversary by hosting a Tea Dance at St Denys Church, Southampton. Through the generosity of Southampton Solent Rotary we were able to invite our older community to come and celebrate with us for free.

We were joined by over 60 people for the afternoon, some living with dementia and their carer, others visiting childhood memories of when they attended the local school and others came to enjoy an afternoon with friends and listen to the music. The fun began with teachers from a local dance school leading us and teaching a social foxtrot, a nice easy way to warm up the dancing shoes.

One of our team said: *'I danced with a lovely lady, brought along by her carer, who was delighted to be able to put on her dancing shoes! She shared with great delight that she had been a 'Tiller Girl' in her day and had danced and performed on a variety of stages! Watching her face light up as she recounted her stories, the cheeky twinkle in her eyes and the enjoyment she clearly got from listening to the music and being able to remember some of the steps from the dances (and teach me some!) was lovely - dancing had clearly been an important part of her life and she relished the opportunity to take part in the day.'*

Halfway through the afternoon we served a sumptuous cream tea along with assorted cakes, and of course a cuppa, while listening to a wind band playing live music. As the food went down more dancing continued until suddenly it was time to go home.

Everyone enjoyed the afternoon, including the wonderful team of volunteers who came to help, we had people baking scones and cakes, others serving on the day, and others coming to chat with people who were on their own. Another Caraway event that left people feeling cared for and part of a community as they connected with others during the afternoon.

We thank Southampton Solent Rotary for their financial support for this event.

Creating Community: Vintage Adventure @ Home

Every month we send out an A5 booklet (A4 for those with poor vision) filled with worship, reflections, poems and actitivites all based around a theme for that month. We currently reach over 300 people, mostly within Southampton, but we do send to friends across the country as well. In the

past year we followed the theme of the seven days of creation and in 2025 are focussing on a different hymn each month.

It remains a much valued spiritual and social booklet researched, written, produced and delivered by a wonderful, faithful group of volunteers. Our Anna Chaplains use the monthly booklets focussing on those who are housebound or lonely.

All resources are available for free download on our website.

Year	Month	Edition Title	Number sent
2024	April	Creation Day 2 Land & Sea	279
	May	Creation Day 3 Plants	279
	June	Summer	285
	July	Creation Day 4 Sun, moon & stars	286
	August	Creation Day 5 Birds & sea creatures	302
	September	Creation Day 6 Land animals & humans	307
	October	Autumn	307
	November	Creation Day 7 Sabbath rest	313
	December	Christmas	315
2025	January	Our helper God	316
	February	Our Loving God	316
	March	Our Creator God	308

We were pleased to receive continued support from Highfield Church.

Feedback

Please do pass on my thanks to the whole VA@H and prayer cards team. These resources are a huge blessing to people.

It was brilliant because it had a whole talk in it. I don't get the chance to go to church services because I'm not very mobile. I often can't get to the services that happen here. Thank you.

Please can you pass a special thank you to the VA team from M, she asked me to pass on thanks as she very much enjoyed the edition about the moon & stars.

Phone call from recipient after her first copy, thank you so much, and thanks to all for what you do.

I've received a text from a new recipient at Lordshill, Elizabeth saying "This is to let you know and to thank you for the Caraway brochure which was handed to me

yesterday. I enjoy reading it. It is enlightening. My grandson Alpha, 10 years, just dropped by and he is happily doing some of the quiz. It's lovely. I am grateful."

Can I on behalf of the group thank you to yourself and your team at Caraway, for the monthly prayers and magazine that is written with such thought and holy love. Caraway and all of you are a great help to us all. God bless

The September VAH arrived a day or so ago and it has absolutely captivated me, and I am sure the friends living close by, who also receive your lovely monthly booklets, will be feeling the same. Actually we've loved all the booklets we've received so far but this last one stands out for me in lots of ways. The cover design is really striking, and everything you have put together inside is so beautifully expressed and so easy to follow and that includes your opening letter - the Bible passages and the excerpts from 'My dear child'. So much else in the booklet which is very good!! What a great team of contributors you've gathered. Please pass on our thanks for giving us all so much each month - to enjoy, to learn, to pray about and to reflect… it's a huge commitment you've taken on. We here around Bredon Hill want you to know how much your hard work is loved and appreciated….

Thank you so much for the booklet and prayer card you send, I really appreciate them. The VA@H is my special Sunday afternoon reading.

I wanted to say a big thank you for the Caraway booklets you send to us, particularly the Sabbath booklet we received recently. It came at a very fortuitus time. P has been very ill and when he was well enough, he found this particular edition particularly uplifting so thank you so much. I pass the booklets on to a friend of mine who enjoys reading them as much as P and I do.

I started receiving your magazine in December and find it inspiring and enjoyable.

I find the VA magazine so helpful.

Just to say thank you so much for sending me the Vintage Adventure @ Home magazine, I find it very interesting to read and uplifting as well. I particularly enjoy doing the puzzles and these kept me well occupied over Christmas and New Year. Thank you especially for the heart you sent recently as the verse on it is especially relevant to my life and one of my 'life verses'.

When I handed them out yesterday in the group Janet's face lit up and said "Have you got mine? Oh goody - I love these." She also likes the little cards with verses on we sometimes put inside.

Home Prayer Card

Every month we post over 170 copies of our Home Prayer Card to people across the city. Each month has a different theme and different people contribute. Our Anna Chaplains not only deliver them to those they care for but also use them for praying with those who are now unable to get to church.

Feedback:

I visited this week and took this month's resources. The lady was delighted and wants to receive the VA and prayer card each month.

Whilst visiting the bereavement group I was handing out the Christmas Prayer cards when one of the recipients mentioned she had been reading her last copy yesterday evening, when she read something that really helped her. She didn't say what it was - but she was blessed!

Supporting Care Homes: Virtual Christian Services

We aim to offer a bi-monthly Communal Christian worship service to our Care Homes via Zoom. 6 Care homes regularly join us along with Care Hubs as well. We provide a gift bag for each session with the orders of service, some activity sheets and an edible treat for them. We are very blessed by our wonderful team of volunteers who assist with the service, giving a talk, leading the prayers, and dealing with the technology, and others who deliver the gift bags and orders of service to the Care Homes participating, they all help to make this possible.

I wanted to say thank you on behalf of our care home for the warm welcome and hospitality you showed us during the Harvest Festival service this morning. Our

residents truly enjoyed being a part of the celebration, and it meant a great deal to them to join in the service. Thank you for making us feel so welcome.

We continue to provide Spiritual Care boxes for our Anna Chaplains to gift to the Care Homes they support. They contain helpful guides for the Carers, prayer cards they can use with their residents for specific needs, a Bible, a wooden holding cross and copies of our latest VA@Home booklet and Prayer Cards.

Our Volunteers: People helping people helping people

It is true that apart from their badges, it is difficult to know at a Caraway event, who are the volunteers and who the guests. The majority of our volunteers are over 70 years old, and have a real heart for helping people. They are bright, resourceful, and work really well in their teams. They say they get a lot out of helping others less fortunate that themselves. Or maybe the volunteer helps because he or she knows what it is like to travel the dementia or old age journey, and they just want to help others through it. Such compassion and heart.

We have 104 volunteers participating in:

- Chaplaincy services
- Memory Cafés and other Dementia Community Events
- Course for Carers of people living with dementia
- Care Home Support and services
- Vintage Adventure @ Home
- Holiday @ Home
- Administrative and Operational support
- Other community supports such as special events and Prayer Cards

All volunteers are registered with Caraway and receive training, are DBS'd and given ongoing support.

This past year we have hosted two 'Inspirational Evenings' for our volunteers, and anyone else interested in the topic. Our first was about research into how

communities in Indonesia recognise and support their older people, and compared this with Southampton, led by Dr Elisabeth Schroeder-Butterfill and Dr Esther Clift, both trustees for Caraway. It was well attended and well received. Our second was on how to do worship in churches for those living with dementia. Again well attended with feedback:

It was a good and helpful session, particularly the chat I was able to have with Frances at the end in which she was able to offer advice about my particular interest.

Thanks to all who were involved with organising and running this event. It did indeed give inspiration!

Thank you so much for the welcome you gave me last week and also for the slides. How generous of Frances to share them with us. Her talk was really inspirational. I am meeting soon with my vicar and part of our discussion will centre around starting a 'Memory Café' at our church for the wider community. Thank you, too, for all the food and drinks that were, again, so generously supplied. I had eaten already but it was such a kind thought.

Our Website and Publications: www.caraway.uk.com

The Caraway website provides a window into our work and stores details of events, publications and is a safe way for anyone in Southampton to access the services of an Anna Chaplain or Caraway Volunteer.

Google Suite for charities is providing a safe, efficient information and communication hub for our chaplains, volunteers and community contacts with other agencies and organisations. It gives a link to our regular newsletters, prayer letters and training documents.

The Important Role of Caraway

Our unique niche is providing spiritual care for the older person. It is about connecting them with community, hearing their sorrows and joys, being with them in times of loss, and providing meaning to life in the community. We do this with the abundance of God's provision, with love for the older person, and with an

understanding of what it is to age and stay valued and engaged with our local community and or faith groups.

Our work with people living with Dementia has really grown in the last 12 months and we hold a vital connecting place for people living with dementia and their carers and health and social professionals.

The charity works with people of any faith or none and supports churches in Southampton providing services for older people.

What is Spiritual Care?

Spiritual care supports a person to explore their awareness of their meaning, purpose and connectiveness in life. It is listening and being present for that person, who may have a faith or not, and responding to their needs in the areas of grief and loss, crisis, ethical and moral issues and when in distress.

Our Aspirations for 2025-2026

So, what do we expect over the coming year?

We have been encouraged by the creativity that we're already seeing in our teams to engage, sustain, support and resource the older community.

1. Develop the Caraway Chaplaincy service for older people

   We want to develop the Anna Chaplaincy work in Southampton, aiming to get a Chaplain for Older People in every community of the city. We will continue resourcing, supporting and encouraging our existing Anna Chaplains, helping them recruit volunteers, and welcome new local chaplains from surrounding areas. This includes using the Positivity Packs. We have a safe and clear referral route and respond promptly passing on the referral to a chaplain or trained volunteer. People can self-refer to this or be referred by their church, Social Prescriber or Admiral Nurse.

2. Chaplaincy Teams for Dementia

   Our Chaplain for Dementia, Rev Dave Hendra, is developing a team with Karen Kingston and Jackie Cooper, also Anna Chaplains, focussed on dementia support. They will be working for various goals including supporting more care

homes, developing resources, liaising with churches, training Chaplains, volunteers and running the Carers Course and new men's group.

3. Maintaining and grow the Memory Café Service

   Having expanded to 10 memory cafés a month, including some of the more deprived areas, we will strive to maintain quality, train our volunteers and offer Carers Courses and one to ones when requested. This is collaboration with the NHS Admiral Nurses and Social Prescribers and two care agencies, Walfinch and Nurse Plus. We are working to evaluate the schemes and improve signposting opportunities.

4. Supporting carers of and those who live with dementia

   We will publish the Caraway Carers Course in collaboration with Emotional Logic, developing a team of 4 trained facilitators. We will support other areas wishing to run the course with training and ongoing support. Following the course, carers can join the Ongoing Carer Support Scheme of 90 carers which provides an arts based supportive meeting once a term.

5. Start a Bereavement Course

   In April 25, start a new Bereavement Course of 7 sessions of 2 hours, run by Pippa Hadfield, a psychotherapist, and supported by Rev Dave Hendra, Chaplain for Dementia, and Dr. Ros Simpson. An initial pilot course will be evaluated and then run termly around the city, supported by various Anna Chaplains.

6. Refresh and Resource Day, May 19th 2025

   A day of training and reflection for all those involved in the ministry of older people in the South of England and beyond. Focus will be on carers and self-compassion. It will be thought provoking, inspiring, creative, prayerful, and fun.

7. Raise funds to support these aspirations

   We have received several grants for our projects with older people. We will continue this fundraising activity to maintain our activity level and grow the chaplaincy service for volunteer and paid roles. We have received support from:

   - The Listeners Trust for publication of Vintage Adventure @ Home.
   - McCarthy Stone for starting new memory cafés.

- No Wrong door, an ICB grant for reducing mental health inequalities by preventing depression and anxiety of carers for people with dementia with the courses for carers.
- Highfield Church for photocopying and Vintage Adventure development.
- The Benefact Trust contribution towards the salary for a Chaplain for Dementia.
- National Lottery Community Fund.

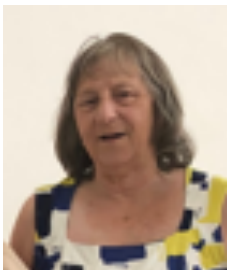
We are incredibly grateful for these grant giving organisations.

Thank you for supporting Caraway, from the team…

Our Anna Chaplains

(left to right):

Rev Margaret Hague, Marion Hitchins, Carol Kidd, Esther Clift,
Lynne Sillence, Susan Wareham, Karen Kingston, Rev Dave Hendra
Sally Ducellier, Juliette Hooper, Jackie Cooper



Our Trustees (left to right):

- Rev Canon Dr Erica Roberts, City Chaplain for Older People in Southampton
- Dr Rosalind Simpson, retired GP and Chair of Trustees
- Terry Martin, retired University Lecturer
- Esther Clift, Anna Chaplain and Consultant in Frailty at Southern Health Foundation Trust
- Katherine Barbour, Dementia Services Lead
- Dorenda Chapman, Safeguarding Lead
- Keith Fox
- Barry Toward
- Elisabeth Schroeder-Butterfill, Volunteers Lead

Our Admin Team (left to right):

- Jo Ladkin, Administration & Operations Manager
- Catherine Wood, Chaplaincy Services Co-ordinator
- Barry Hampton, Volunteer Coordinator
- Janet Hunt, Secretary to Trustees up to November 24
- Jill White, Treasurer
- Mel Fry, Secretary to Trustees (no photo)

Our Finances

Reserve's policy:

It is the policy of Caraway to maintain unrestricted funds which are our free reserves, at a minimum level of 3 months unrestricted expenditure. At March 2025, there were reserves available to cover 6 months of expenditure.

Risk review:

The trustees have a risk register that sums up the main risks to the charity and we have put in place policies and systems to mitigate these risks. Volunteers are protected under the insurance of Aviva.
We have a wide range of policies including safeguarding, equal opportunities, lone working, volunteer and data protection.

CARAWAY	Charity No	1177743			
	Company No				
Annual accounts for the period					
Period start date	01/04/2024	To	Period end date	31/03/2025	

Section A Statement of financial activities (including summary income and expenditure account)

Recommended categories by activity	Guidance Note	Unrestricted funds £ F01	Restricted income funds £ F02	Endowment funds £ F03	Total funds £ F04	Prior year funds £ F05
Income (Note 3)						
Income and endowments from:						
Donations and legacies	S01	21,059			21,059	14,339
Charitable activities	S02	4,346	25,905		30,251	39,667
Other trading activities	S03	3,543			3,543	-
Investments	S04				-	-
Separate material item of income	S05				-	-
Other	S06				-	-
Total	S07	28,948	25,905	-	54,853	54,006
Expenditure (Notes 6)						
Expenditure on:						
Raising funds	S08				-	-
Charitable activities	S09	8,773	42,505		51,278	55,967
Separate material expense item	S10					
Other	S11				-	-
Total	S12	8,773	42,505	-	51,278	55,967
Net income/(expenditure) before tax for the reporting period	S13	20,175	- 16,600	-	3,575	- 1,961
Tax payable	S14	-	-	-	-	-
Net income/(expenditure) after tax before investment gains/(losses)	S15	20,175	- 16,600	-	3,575	- 1,961
Net gains/(losses) on investments	S16	-	-	-	-	-
Net income/(expenditure)	S17	20,175	- 16,600	-	3,575	- 1,961

Extraordinary items	S18	-	-	-	-	-
Transfers between funds	S19	-	-	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S20	-	-	-	-	-
Other gains/(losses)	S21	-	-	-	-	-
Net movement in funds	S22	20,175	- 16,600	-	3,575	- 1,961
Reconciliation of funds:						
Total funds brought forward	S23			48,319	48,319	50,279
Total funds carried forward	S24	20,175	- 16,600	48,319	51,893	48,319

CHARITY COMMISSION
FOR ENGLAND AND WALES

Section A Independent Examiner's Report

Report to the trustees/ members of

Charity Name

CARAWAY

On accounts for the year ended

31/03/2025

Set out on pages

1-34

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended **31.3.25**.

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* *Please delete the words in the brackets if they do not apply.*

Signed:	A Rush
Name:	Amanda Rush
Relevant professional qualification(s) or body (if any):	ICEAW- MEMBERSHIP NUMBER 8124863
Address:	THREE OAKS, KEW LANE, BURSLEDON, SO31 8DD

Section B Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.	None

Caraway

Spiritually Resourcing the Older Person

Charity Number 1177743

www.caraway.uk.com

07535 164014

CARAWAY Charity No 1177743

Company No

Section B Balance sheet

	Guidance Note	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total this year £	Total last year £
		F01	F02	F03	F04	F05
Fixed assets						
Intangible assets (Note 15)	B01	-	-	-	-	-
Tangible assets (Note 14)	B02	-	-	-	-	-
Heritage assets (Note 16)	B03	-	-	-	-	-
Investments (Note 17)	B04	-	-	-	-	-
Total fixed assets	B05	-	-	-	-	-
Current assets						
Stocks (Note 18)	B06	-	-	-	-	-
Debtors (Note 19)	B07	1,387	-	-	1,387	3,040
Investments (Note 17.4)	B08	-	-	-	-	-
Cash at bank and in hand (Note 24)	B09	43,748	7,263	-	51,011	46,083
Total current assets	B10	45,135	7,263	-	52,398	49,123
Creditors: amounts falling due within one year (Note 20)	B11	505	-	-	505	804
Net current assets/(liabilities)	B12	44,630	7,263	-	51,893	48,319
Total assets less current liabilities	B13	44,630	7,263	-	51,893	48,319
Creditors: amounts falling due after one year (Note 20)	B14	-	-	-	-	-
Provisions for liabilities	B15	-	-	-	-	-
Total net assets or liabilities	B16	44,630	7,263	-	51,893	48,319
Funds of the Charity						
Endowment funds (Note 27)	B17	-			-	-
Restricted income funds (Note 27)	B18		7,263		7,263	23,864
Unrestricted funds	B19	44,630		-	44,630	24,455
Revaluation reserve	B20				-	-
Fair value reserve	B21					
Total funds	B22	44,630	7,263	-	51,893	48,319

The company was entitled to exemption from audit under s477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies regime and in accordance with FRS102 SORP.

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval dd/mm/yyyy
	Dr Rosalind Simpson	

	Rev Erica Roberts	
	Terence Martin	
	Esther Clift	
	Katherine Barbour	
	Dorenda Chapman	
	Barry Toward	
	Keith Fox	
	Dr Elizabeth Schroder- Butterfill	

CHARITY COMMISSION
FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of

Charity Name
CARAWAY

On accounts for the year ended

31/03/2025

Charity no (if any)

1177743

Set out on pages

1-34

1-34(remember to include the page numbers of additional sheets)

Responsibilities and basis of report

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* *Please delete the words in the brackets if they do not apply.*

Signed:

A Rush

Date:

08/05/2025

Name:

Amanda Rush

Relevant professional qualification(s) or body (if any):

ICEAW- MEMBERSHIP NUMBER 8124863

Address:

THREE OAKS KEW LANE BURSLEDON SO31 8DD

Section B **Disclosure**

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.
None

CARAWAY

England & Wales - Charity number 1177743

Accounts

Caraway

Spiritually Resourcing the Older Person

Caraway Trustees Annual Report

for year-ending
31 March 2024

Registered Charity Number 1177743

(CIO Foundation Registered March 2018)

www.caraway.uk.com

Background
OUR RADIANT YOUNG QUEEN
oots & Branches is a collaborative, ntergenerational and creative project between Theatre for Life, Solent Mind, Remind Dementia services and Mayfield Nurseries.
Throughout our intergenerational, community led and creative programme, we have been connecting young people (14-25 years) with older people with dementia. Both groups have been sharing experiences to gain an insight into each other's lives through restorative and arts based activities which have helped to improve health, wellbeing and social isolation.

Caraway Trustees Annual Report

Charitable Objectives

Spiritually resourcing the older person, "To promote social inclusion for the public benefit and to relieve the needs of older people who are socially excluded by virtue of their age or dementia, by providing such support as deemed appropriate to assist them to integrate into society in accordance with Christian Principles."

Our Vision

Our vision is to give those in their older years a voice, to be alongside the lonely, isolated and bereaved and create community, where connections can be made, and friendships can flourish. We want to see a society in which every older person is valued, affirmed and able to realize their full potential.

Our Mission Statement

To promote the spiritual wellbeing of those in their later years, in community, care or church, reaching out to those of all faiths or none, so that each older person continues to feel significant and to flourish until the end of their life.

Caraway works in partnership with churches, voluntary and statutory agencies to support the older person in their local community and to be an effective advocate for those whose voice is not heard. We have a special focus on the dementia community In Southampton.

We now have nine Anna Chaplains together with Revd Dr Canon Erica Roberts, who is the City Chaplain for Older People and Revd Dave Hendra who is our new City Chaplain for Dementia. They enable the work of Caraway to be delivered in a way that is relevant for the local context.

The Context

In Southampton City, there is a total population of 263,769, of whom 3% are over the age of 65 years, 37,768 people (https://data.southampton.gov.uk/population/population-size-and-structure/). In 2023 there were 1,726 people aged 65 or over in Southampton diagnosed with dementia, however the number of people living with dementia in the city was estimated to be significantly higher (2,663). This is expected to reach 4,480 by 2040. Of these, about 60% are living in the community and 40% are cared for in residential care. There are 32 care homes in the city, and 154 supported housing complexes. (www.housingcare.org). Day care services, carers and clubs for older people have largely been cut by the council and are provided by voluntary and charitable bodies such as Caraway. Dementia services have particularly been cut, closing the last council-run care home, closing the ward for dementia in-patients, and stopping the Dementia Navigators service which was provided by the Alzheimer's Society.

The Trustees have:

- Paid due regard to the guidance in the Charity Commission's general guidance on public benefit in reviewing the work undertaken in the last 12 months.
- Monitored the areas of activity undertaken and the sources of referral made for the services.
- Supported the development of new chaplains, community opportunities, and of courses, events and services to families living with dementia.

Our Aims and Objectives

1. To identify and meet the pastoral and spiritual needs of older people, their families and carers, in the community, within the church and for those who are live in residential care.

2. To build bridges between churches and their local community within the City of Southampton, between voluntary and statutory bodies and between the generations in our society, in order to be an effective advocate for the older person.
3. To support, resource and train volunteers in identifying the wider challenges of growing older and enabling them to support these needs appropriately e.g. loneliness, bereavement, dementia, end of life issues.
4. To help the local Church recognise the enormous resource of wisdom, experience and gifts that this generation can offer the wider community and to enable each older person to realise their full potential.

Rev Canon Dr Erica Roberts, City Chaplain for Older People

As usual, I want to begin by expressing my gratitude for all those who are part of Caraway and enable us to make such a difference for our older community in Southampton. Our core team are hardworking, passionate and determined to do their best to ensure that all our volunteers are enabled and resourced. We have a growing body of volunteers without whom this important work could not occur. I am also indebted to our Trustees, who are vision makers, and all contribute in different ways.

My highlight of the year has to be the appointment of our City Chaplain for Dementia, Revd Dave Hendra, licensed by the Bishop of Winchester, and like all our Chaplains is licensed to the BRF, Anna Chaplaincy Network. To the best of our knowledge this is the first such post in the country and Dave is now supported by a second volunteer Chaplain, Karen Kingston. Together they will provide more in-depth care for those living with dementia and their carers and we are already seeing the impact of this partnership.

Two more Anna Chaplains have been commissioned this year, both partnering with Caraway and it's exciting to have two further Chaplains in training. Our vision of one Anna Chaplain for each community is slowly being realised. Caraway provides

training, support and supervision for all the chaplains and we provide space for us to pray and resource each other.

As part of our growing Chaplaincy Service, we will launch our Positivity Toolkit at the Refresh and Resource Day to resource those who are socially isolated. We are sure this will be well received, and we hope to make the kit available for purchase to those outside Southampton.

So another exciting year, where we continue to see growth in breadth and depth in our work. A huge thank you to everyone involved in making this a reality.

Dr Ros Simpson, Chair of Trustees

Caraway is 6 years old! We have developed a strong place in the community of Southampton and are respected and valued by Churches, Health Services, and other Voluntary organisations with whom we love working. It has been a great pleasure and honour to see many amazing outcomes of our collective work to enhance the spiritual life of older people in Southampton.

Life is tough if you are growing old in Southampton. The journey can be lonely and people can feel anxious and unsure how to get help and improve their situation.

We have a real heart for people living with dementia and their families and believe that a community of such families can bring friendship, joy and hope into the situation.

I love to see smiles on the faces of people with dementia at a Memory Café and it melts my heart to see a carer who was in tears be comforted by someone else on the carers course. I feel happy that the dementia journey is better informed, more fun and engages carers, those with dementia, chaplains and volunteers alike, sharing the journey together. The journey is better together. I also see people at the end of the dementia journey who are grateful to have been supported and loved and that they go on connecting with us, like a family.

Our spiritual resources increase in number and circulation, and events are well attended and appreciated.

The family just gets bigger as we get to know more families. We need funding to pay for our administrative staff, and to run the memory cafes and carers courses and ongoing carer support groups.

Well done to all our trustees, staff, volunteers and area workers for all you have achieved as teams in 2023-4 for the older people of Southampton.

How Caraway activities have delivered the public benefit

For any Older People in the Community, the Anna Chaplains

Anna Chaplains are part of the BRF National Programme to develop Chaplaincy across the UK (www.annachaplaincy.org.uk). Anna Chaplains are named after the widow, Anna, who appears with Simeon in Luke's gospel; both are good role models of faithful older people. Anna Chaplains are there for people of strong, little or no faith at all.

Anna Chaplains provide spiritual care appropriate for the local community; they can connect with the local churches, residential facilities and other community groups that care for the older person, listening to the local need and responding appropriately.

The chaplains are well led by Rev Canon Dr Erica Roberts, City Chaplain for Older People in Southampton.

Some of our licensed Anna Chaplains and one of our trainees

Our Anna Chaplains are:

- Marion Hitchins, St Denys, Southampton
- Esther Clift and Margaret Hague, Southampton West
- Karen Kingston Chaplain for Dementia and Bitterne, Southampton East
- Carol Kidd, Lynn Sillence and Susan Wareham, Harefield and West End, Southampton
- Rev Penny Thatcher, Curate to Caraway
- Rev Dave Hendra, City Chaplain for Dementia
- There 3 new chaplains in training.

They are marvellous and have worked tirelessly all year supporting people face to face or on telephone calls, writing for our resources, creating and facilitating new community groups and helping the Vintage Adventure and Holidays at Home packs to reach the frail and housebound. They are supported by their own churches or a church in the area they work and receive referrals from them and from other sources such as health professionals via the Caraway website.

A chaplain helping someone makes contact and listens well to their story. They listen to the family's story as appropriate and they offer comfort, advice on end of life care, support through times of transition such as getting a diagnosis of dementia or cancer, and offer bereavement help. They encourage the person to make links with their local church and community as suitable, and they try to encourage ongoing supportive relationships.

Feedback from Rev Dave Hendra – Chaplain for Dementia

Dave joined the team in December. We asked him a variety of questions and here are his responses:

1. **How many people were you in contact with in the week before Christmas/Easter?**
   In the week before Easter, during my three-day-week, I estimate I was in contact with this many people:
   - *Care Home Easter Service - six volunteers, twenty care home residents, five care home staff.*
   - *Sholing Memory Cafe - five volunteers, thirty guests.*
   - *Contacts - 10 individuals supported with telephone calls or visits in a month*

   So for that week 76 people. Half in person, some on zoom, some via the telephone.
2. **How many older people have you personally supported with telephone calls, visits, cards, meeting since you started?**
   I have supported through telephone calls / meeting face to face / ... ten individuals over the last month. Some of these I had repeat contact with over the preceding months.
3. **What community groups do you support by dropping in, organising or facilitating the work of volunteers there and how many people come to these groups each session, on average?**
   The three main community groups I co-support are: The Sholing Memory Café - 30 on average. The Carers Course - 8 on average. A new Mens Group - 4 on average (soon hopefully to be expanding to 6 and beyond).
4. **Please tell us a story of someone you have supported through loneliness, isolation, and/or end of life.**
   Here is a bit of feedback from a guest of our newly launched Sholing Memory Cafe: "This is something my husband actually wants to come to. It has been hard encouraging him to leave the house for new things. But he has really enjoyed chatting with some of the other men. It has been hard getting him to

stop talking! I've also found lots of people I had a prior connection with which has been a great surprise."

A bit of feedback from one of our Carers Course participants. Anonymous: "Many thanks again to you, the team, and fellow group members for thought provoking material and valuable support - the course has made a positive difference in my life. I hope to see you soon."

One particular example is the opportunity I have had to chat regularly on the phone with the carers of a person living with dementia. The phone calls don't seem to amount to much, no great leaps forward are discernable, and yet the carers are always very appreciative of the simple opportunity to talk and to be connected to something beyond the immediate demands of their domestic situations.

5. **What do you like most about your role as a chaplain for older people?**
   I like being able to spend time with people who may have dropped off society's radar because of their circumstances. I also love seeing peer support develop during the activities we run. I enjoy seeing people who have been isolated, now connected with others and through that, feeling more hopeful than they were before. Noticing people's sense of self worth increase is fab.
6. **What Is your greatest challenge for your work in the coming 12 months?**
   I think my greatest challenge might be prioritising one to one contact over administrative demands.

Anna Chaplain for Southampton West – Rev Margaret Hague

Margaret is our paid Anna Chaplain for Southampton West: Maybush, Lordshill and Rownhams, sponsored by the Henry Smith Charity. Please see her Impact Report included here.

During the past year I have visited each of the 5 large sheltered housing blocks usually on a monthly basis, with a colleague visiting a 6th. 2 of the blocks have ceased their weekly coffee mornings creating a challenge to keep in touch with the residents, although we still deliver the monthly resources to them. Calling in to these blocks and chatting with various ones who pass by (including staff) remain a

great way to informally build relationships in a safe, relaxing space, often knocking on a door for a quick chat as I pass by or posting the Vintage Adventure @ Home or Home Prayer Card through their door. It's good to see one resident now regularly attending Lord's Hill Church and another considering this. I also support the Lord's Hill bereavement group once a month along with a small knitting group! A few days before Christmas Hamwic Brass Band came to 2 of the sheltered housing blocks to play Christmas carols outside. Many came out of their flats and really enjoyed singing the carols whilst some opened their windows and listened. A Christmas evangelical newspaper was given to each and everyone, including the band, enjoyed the event. During the summer we prayer walked around 2 of the housing blocks and continue to pray for individual needs, in person over the phone or through the prayer team.

Home visits continue to be a rich blessing to the recipient and myself! Often during the prayer time at the end of a visit the recipient will pray the Lord's blessing upon me! Home Communion has been taken also. I still spiritually support one gentleman who has now relocated to a care home.

Over 100 Vintage Adventure packs and 72 Home Prayer Cards are delivered each month and these remain a valued lifeline to those who no longer attend church and those who are seeking God's peace for the first time.

Alongside establishing relationships with many residents we are continuing to establish good working relationships with the Housing Support Workers. We have also been contacted by the Management of a new Care Home opening soon on the outskirts of Lord's Hill.

Doors of opportunity continue to open, therefore we plan to grow our team. There are over 850 older people living in Lord's Hill alone, many of whom are unable to walk to the Church. We have 2 volunteers who will start Anna Chaplaincy training this Spring who will add to the work in Lord's Hill West. New volunteers have also joined the team at our weekly Coffee, Cake & Connect drop in.

It has been exciting and an honour to work alongside the local Church during this past year as they have undergone significant changes with a new Minister. The outlook for Lord's Hill West remains exciting.

Loneliness Project

Careful research has been done through interviews with Chaplains, volunteers and users, so we can better understand what would be helpful in situations where someone is housebound or isolated. Knowing how loneliness and isolation can adversely affect physical and mental well-being, we wanted to develop a toolkit that could provide hope, laughter and fun for those who are lonely, living with dementia and particularly those who are housebound. Resources that would go beyond a visit or phone call and help an individual build their own positivity and hope in between contact.

Strength for Today, Bright Hope for Tomorrow

A Positivity Toolkit - a set of resources that encourage positive mental well-being through activities, ideas and information. These will be gifted to an individual who is struggling with loneliness, particularly those who are housebound, and may also be living with dementia. The resources are being used by our Anna Chaplains but are available for anyone to purchase and use or gift to someone.

The Positivity Toolkit is a resource to encourage positivity and hope, that can be tailored to an individual according to their needs and interests. It has been carefully designed in warm uplifting colours, each item bears the logo 'Strength for Today, Bright Hope for Tomorrow' and is presented in a cheery yellow bag. It has a number of core items that Caraway has produced and along with other items a kit can be tailor made for the recipient.

Content can include:

- Positivity Cards – 50 ideas of things to do
- Gratitude and Hope Journal
- Guide to Thinking Positively
- Safety candle or a real candle in a candle holder
- Caraway Postcards with positive images and inspirational quotes on to send or keep
- Caraway Pen
- Dementia friendly bean bag game
- Where appropriate, it may also include items of faith such as a holding cross, bible study notes and uplifting bible verses.

Developing our Dementia work: in collaboration with Solent NHS, Hampshire and Isle Of Wight Integrated Care Board and Admiral Nurses, we provide:

Memory Cafés, people helping people

In March 2024 there were 10 Memory Cafes that allow over 200 people to attend a local memory café supported by about 70 volunteers.

These amazingly supportive, friendly, helpful, creative set of now 10 groups has evolved very quickly over the past 2 years. People living with dementia are meeting others with dementia, carers are talking to carers, and a supportive setting is allowing fellowship to include all of the group. This includes love and support when someone is ill and can't attend, when a dementia friend dies, or goes into a

care home. There has been an amazing volunteer response too, and the love and continuity they give to each setting is invaluable. I have seen true compassion in action, supported by churches who offer their premises free and who support the groups in many ways including in prayer. A true community response.

Bitterne Park Memory Café, held twice a month 2nd and 4th Wednesday afternoon of the month, 15 to 20 guests
St Denys Memory Café, held twice a month 1st and 3rd Tuesday afternoons, 15 to 20 guests
Lord's Hill Coffee, Cake and Connect, weekly sessions Thursday afternoons, of which 2 are dementia focussed with reminiscence and singing.
Lordswood Memory Café held monthly on the 1st Wednesday of the month. 10 to 16 guests.
Maybush Memory Café, held monthly on the 3rd Tuesday afternoon of the month. 20 to 24 guests.
Shirley Memory Café, monthly session on the 3rd Monday afternoon of the month. 30 to 40 guests.
Sholing Memory Café, started February 2024, 4th Monday afternoon of the month, 30 guests.
Thornhill Memory Café run by Admiral nurses, every 1st Tuesday afternoon of the month, 15 to 20 guests.
Asian Family Matters, held at the Vedic Society Temple Hall, every 3rd Monday afternoon of the month, 10 guests.
Weston Memory Café, held monthly on the 1st Wednesday afternoon of the month, 15 to 20 guests.

The cafés are supported by a large number of musicians, exercise providers, activities, health professionals, social care providers and local organisations such as the MAST theatre and The Heritage organisations of Southampton. Financial support has come from the Narional Lottery Community Fund.

Working with the Southampton Dementia Friendly Steering Group, Southampton Dementia Festival Group, NHS Admiral Nurses, Unpaid carers In Southampton, Time for Dementia, an Alzheimers Society project and the MAST theatre In Southampton

Caraway is represented on the Citywide Dementia Steering Group to improve connection, services and to liaise with other organisations. Through this group, we develop links and connections that provide opportunities to improve the service for people with dementia.

Feedback from a community partner, Alzheimers Society, Time for Dementia Project:

We have been so grateful for your support, and we hope we can continue working alongside you. We regularly mention your work at our meetings and are grateful for every opportunity to meet with a group, or a family, and spread the word about Time for Dementia. We know that the participating families enjoy and look forward to these visits, and they chat with each other about 'their' students.

Caraway Courses for Carers of People Living with Dementia.

Emotional Logic

This course started in April 2023, and has run 3 times. It is a 7 session course of 2 hours each time. It is run in conjunction with an established Memory Café so that people living with dementia can also attend and enjoy some company and activities with others or in the memory café in the next room. The course was run in Shirley in Summer 2023, Bitterne Park in Autumn 2023, and Lordswood in Winter 2024 and 10 to 12 carers attend each course. They are referred to the course by Admiral Nurses, Social Prescribers and Memory Café leads, and of course self referral. The aim is to offer information, emotional support and advice on planning to live well with dementia.

We believe that if the family understand about dementia, how to cope with it, knowledge about the journey and

how to manage crises and transitions, then they will be less likely to feel burdened and stressed by their situation. They will act to ask for help to prevent crises and unnecessary hospital admissions, be well prepared with legal and financial aspects and they will involve their friends and family more.

Feedback: Carers said they appreciated:

- *Being able to be with people who are having different experiences but under the same umbrella*
- *The unfailing kindness surrounded me*
- *Being offered a little takeaway (EG bulbs) for me, these are highly significant, (a bit startling at first).*
- *Being able to talk about my own situation and problems*
- *Learning how to control my emotions*
- *Hearing experts talk about various aspects of caring*
- *Being able to talk openly*
- *Find out how others have coped.*

As a result of understanding your emotions differently, what can you now do that you could not do before?

They said:

- *Buy ready meals (no joke, the level of resentment I built up at having to prepare, cook, wash up, ridiculous)*
- *I can deal with stressful situations more calmly*
- *I can talk to my loved one in a more understanding way*
- *I can understand how she sees the world, more clearly*
- *Take a longer term view*
- *Accept that emotions are normal*

Professionals visiting sessions to give information and answer questions were: Admiral Nurses, Older Persons Mental Health Doctor, Occupational Therapist,

Unpaid Carers in Southampton, Social Care in Action, Day Centres, a solicitor and telecare services.

Ongoing Support for Carers:

By March 2024, we have 45 carers in this group of carers who have attended a carers course and some of our expert carers that we have supported for several years. For this group we are arranging an arts based session of support and networking three times a year and we are encouraging other peer led groups such as one in Shirley, supported by the Methodist Church, and a men's group. They may of course still attend their local memory café.

Wellbeing Volunteers for Dementia

An initiative collaborating with NHS and Admiral Nurses to create a telephone support and wellbeing call for carers of those living with dementia. Start-up date 1.3.21.

Trained volunteers telephone carers on a regular basis, to listen, care for and support carers. The aim is to offer the service to carers living with someone who has dementia and to encourage attendance at a memory café. We have 6 trained volunteers calling 11 carers, growing but also being evaluated for improvements needed.

Caraway has a Volunteer Coordinator, called Lo, who supports all our volunteers. Feedback from one volunteer:

"Thank you for the support and encouragement you have given me over these past months of working as a Wellbeing Volunteer for Dementia. It has been great coming on board, with lots to learn"

Caraway Dementia Services have been supported in 2023-4 by the McCarthy Stone Foundation; Southampton City Council; No Wrong Door (Hampshire NHS ICB)

Combating Loneliness: Caraway aims to combat loneliness

Holiday @ Home - July 2023

We provided resources for our Memory Cafes and other groups across the city and with the support of Highfield Church also hosted a day event ourselves to give our older community a 'day trip to New Zealand'! They were given a boarding pass as they arrived and a full programme of events for the day to choose from, including craft activities, quiz, hand massage and after lunch the now famous armchair Haka which was loved by all. The local school also visited to entertain us with songs. We had over 60 guests, including some from local Care Homes and everyone was given a gift bag of goodies as they left.

Feedback

Just wanted to say a huge Thank You to you and your colleagues who put together yesterday's event. Our Residents that came along had a fantastic time, it was lovely hearing all about their day when they got home. Many Thanks.

A truly wonderful day and such hard work people must have done to make it happen.

Thanks for a great day in NZ. Good fun, and a wonderful way to meet people.

We thoroughly enjoyed our day in New Zealand! It was really well planned, food very nice - so HUGE thanks to all involved in any part of the day - we thought it was great and huge fun learning the Haka! The young lady teaching us was really good and had us all laughing about it! The whole day is something to remember with much pleasure.

Creating Community: Vintage Adventure @ Home

Every month we send out an A5 booklet filled with worship, reflections, poems and actitivites all based around a theme for that month. We currently reach over 240 people, mostly within Southampton, but we do send to friends across the country as well.

It remains a much valued spiritual and social booklet researched, written, produced and delivered by a wonderful, faithful group of volunteers. Our Anna Chaplains use the monthly booklets focussing on those who are housebound or lonely.

All resources are available for free download on our website.

Year	Month	Edition Title	Number sent
2023	April	I Am the Resurrection & The Life	207
	May	The Kings Coronation	198
	June	I Am the Bread of Life	199
	July	I Am The Way, The Truth, The Life	199
	August	I Am The True Vine	196
	September	Harvest	195
	October	Older People	198
	November	Remembrance	216
	December	Christmas	220
2024	January	Joyous January	232
	February	Creation Day 1 - Let There Be Light	237
	March	Spring / Easter	247

We send out over 240 booklets every month. We were pleased to receive continued support from Highfield Church and The Listeners Trust for this project.

Feedback

Thanks for a good issue of the VA at Home; much care and hard work involved; a good team. Thanks to you all. D

I bumped into a lady who lives in West End yesterday who receives the VA pack and she spoke so highly of it and really enjoys receiving it - especially the puzzles!

I got home feeling fed up and down and when I opened my VA@Home pack the Isaiah 41:10 prayer card fell out - it was just wanted I needed to read at that time, thank you. A

I went a month ago and offered her a prayer card and VA which you had given me. I wasn't sure how well received it would be. A couple of days later she phoned me to say that after I had left she started reading the VA and it made her realise that it was the first time in a very long time that she felt she was taking part in worship. I was so encouraged. L

I have just received your VA@Home after a friend recommended it for me. After reading just a couple of pages I know I will enjoy it. It is really lovely, thank you. M

We would like you to pass on to everyone at Caraway how we all really appreciate and look forward to our monthly readings and prayers sent from Caraway to us. Christmas was really covered by all readings; the New Year one was so special to have a prayer with our initial first name. Please pass on our thanks to you all. As you say 'spiritually resourcing the older person'. The Lord's Holy Spirit is definitely being passed through to us all. V & D

I sent a copy of Joyous January to a bright 90 year old in Gloucestershire who has written to say she loved it and would be contacting Caraway for more as she could immediately think of two parishioners who would benefit from it!

I just wanted to say how much I am enjoying the February edition of Vintage Adventure at Home. It is packed full of interesting things. ...I was very struck by your account of your son's wonderful recovery from cancer. What a witness to the power of prayer.....I showed Vintage Adventure to three elderly ladies I visit regularly and they were very keen to be on Caraway's mailing list so I have sent their addresses. This is such a great resource for housebound people and I am very grateful to you for thinking of me .....

Home Prayer Card

Every month we post over 170 copies of our Home Prayer Card to people across the city. Each month has a different theme and different people contribute. Our Anna Chaplains not only deliver them to those they care for but also use them for praying with those who are now unable to get to church.

Feedback:

I visited this week and took this month's resources. The lady was delighted and wants to receive the VA and prayer card each month.

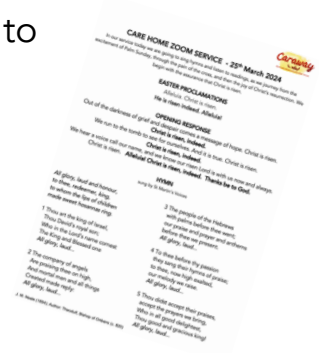
Whilst visiting the bereavement group I was handing out the Christmas Prayer cards when one of the recipients mentioned she had been reading her last copy yesterday evening, when she read something that really helped her. She didn't say what it was - but she was blessed!

A Taste of Caraway – our Fundraiser

We held our fundraising event on 7th October 2023. We invited people to come along for a fun afternoon, experiencing a little of the work Caraway does through the year as well as enjoy some musical entertainment and an afternoon tea.

We closed the event with an Auction of Promises and were delighted to raise over £2000.00 from the afternoon.

Supporting Care Homes: Virtual Christian Services

We aim to offer a bi-monthly Communal Christian worship service to our Care Homes via Zoom. 6 Care homes regularly join us along with Care Hubs as well. We provide a gift bag for each session with the orders of service, some activity sheets and an edible treat for them. We are very blessed by our wonderful team of volunteers who assist with the service, giving a talk, leading the

prayers, and dealing with the technology, and others who deliver the gift bags and orders of service to the Care Homes participating, they all help to make this possible.

We continue to provide Spiritual Care boxes for our Anna Chaplains to gift to the Care Homes they support. They contain helpful guides for the Carers, prayer cards they can use with their residents for specific needs, a Bible, a wooden holding cross and copies of our latest VA@Home booklet and Prayer Cards.

Our Volunteers: People helping people helping people

It is true that apart from their badges, it is difficult to know at a Caraway event, who are the volunteers and who the guests. The majority of our volunteers are over 70 years old, and have a real heart for helping people. They are bright, resourceful, and work really well in their teams. They say they get a lot out of helping others less fortunate that themselves. Or maybe the volunteer helps because he or she knows what it is like to travel the dementia or old age journey, and they just want to help others through it. Such compassion and heart.

We have about 70 volunteers participating in:

- Dementia Wellbeing Volunteers for dementia.
- Memory Cafés and other Dementia Community Events
- Course for Carers of people living with dementia.
- Care Home Support and services.
- Vintage Adventure @ Home
- Holiday @ Home
- Administrative and Operational support
- Other community supports such as special events, and Prayer Cards

All volunteers are registered with Caraway and receive training, are DBS'd and given ongoing support.

Our Website and Publications: www.caraway.uk.com

The Caraway website provides a window into our work and stores details of events, publications and is a safe way for anyone in Southampton to access the services of an Anna Chaplain or Caraway Volunteer.
Google suite for charities is providing a safe, efficient information and communication hub for our chaplains, volunteers and community contacts with other agencies and organisations. It gives a link to our regular newsletters, prayer letters and training documents.

The Important Role of Caraway

Our unique niche is providing spiritual care for the older person. It is about connecting them with community, hearing their sorrows and joys, being with them in times of loss, and providing meaning to life in the community. We do this with the abundance of God's provision, with love for the older person, and with an understanding of what it is to age and stay valued and engaged with our local community and or faith groups.

Our work with people living with Dementia has really grown in the last 12 months and we hold a vital connecting place for people living with dementia and their carers and health and social professionals.

The charity works with people of any faith or none and supports churches in Southampton providing services for older people.

What is Spiritual Care?

Spiritual care supports a person to explore their awareness of their meaning, purpose and connectiveness in life. It is listening and being present for that person, who may have a faith or not, and responding to their needs in the areas of grief and loss, crisis, ethical and moral issues and when in distress.

Our Aspirations for 2024-25

So, what do we expect over the coming year?

We have been thrilled at the creativity that we're already seeing in our teams to engage, sustain, support and resource the older community.

1. Develop the Caraway Chaplaincy service for older people

   We aim to develop the Anna Chaplaincy work in Southampton, aiming to get a chaplain for Older People in every community of the city. We will continue resourcing, supporting and encouraging our existing Anna Chaplains, helping them recruit volunteers, and welcome new local chaplains from surrounding areas. We have a safe and clear referral route and respond promptly passing on the referral to a chaplain or trained volunteer. People can self-refer to this or be referred by their church, social prescriber or admiral nurse. We seek to fund and appoint a Chaplaincy Coordinator.

2. A new Anna Chaplain for Dementia

   Our new City Chaplain for Dementia, Rev Dave Hendra started in December 2023 and will be working for various goals including liaising with churches, training Chaplains volunteers and running the carers course and new men's group.

3. Maintaining the Memory Café Service.

   Having expanded to 10 memory cafés a month, including sto ome of the more deprived areas, we will strive to maintain quality, train our volunteers and offer carers courses and one to ones when requested. This is collaboration with the NHS Admiral Nurses. We are working to evaluate the schemes and improve signposting opportunities.

4. Supporting carers of and those who live with dementia

   We will evaluate, consolidate and publish the Caraway Carers Course in collaboration with Emotional Logic, developing a team of 4 trained facilitators. Following the course, carers can join the Ongoing Carer Support Scheme of 45 carers which provides an arts based supportive meeting once a term.

5. The Loneliness Project

   Following research with chaplains and focus groups, in 2023-4 we developed resources about loneliness for our Chaplains and volunteers to use with older people who are lonely and isolated. The packs contain a positivity guide, a gratitude journal, a candle, cards suggesting things to do when they feel lonely. They are professionally produced and can be sold to others around the country.

6. Refresh and Resource Day May 13th 2024

   A day of training and reflection for all those involved in the ministry of older people in the South of England and beyond. Focus will be on loneliness and isolation in older people. It will be thought provoking, inspiring, creative, prayerful, and fun.

7. Raise funds to support these aspirations

   We have received several grants for our projects with older people. We will continue this fundraising activity to maintain our activity level and grow the chaplaincy service for volunteer and paid roles. We have received support from:

   - Henry Smith Trust to support Anna Chaplaincy in Southampton West.
   - The Listeners Trust for publication of Vintage Adventure @ Home.
   - McCarthy Stone for starting new memory cafés.

- No Wrong door, an ICB grant for reducing mental health inequalities by preventing depression and anxiety of carers for people with dementia with the courses for carers.
- Highfield Church for copying and Vintage Adventure development.
- The 70 Club.
- The Friendly Forresters.
- National Lottery Community Fund.

We are incredibly grateful for these grant giving organisations.

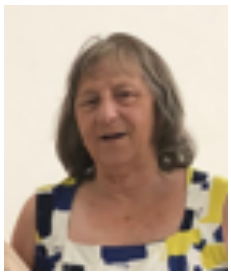
8. Website and communications development

At 5 years old, we need to update and develop our website, and channel more communications through it.

The Caraway Team: Thank you for supporting Caraway, from the team…

Our Anna Chaplains (left to right):

- Rev Margaret Hague, Marion Hitchins, Kathy Hyde, Carol Kidd, Esther Clift, Lynne Sillence, Susan Wareham, Karen Kingston, Rev Dave Hendra



Our Trustees (left to right):

- Revd Canon Dr Erica Roberts, City Chaplain for Older People in Southampton and Anna Chaplain
- Dr Rosalind Simpson, GP and Chair of Trustees
- Terry Martin, Retired University Lecturer
- Esther Clift, Anna Chaplain and Consultant in Frailty at Southern Health Foundation Trust
- Katherine Barbour, Dementia Services Lead
- Dorenda Chapman, Safeguarding Lead
- Keith Fox
- Barry Toward

Our Admin Team (left to right):

- Jo Ladkin, Administration & Operations Manager
- Lo Carr, Communications & Volunteer Coordinator
- Catherine Wood, Chaplaincy Services Co-ordinator
- Janet Hunt, Secretary to Trustees
- Jill White, Treasurer

Our Finances

Reserve's policy:

It is the policy of Caraway to maintain unrestricted funds which are our free reserves, at a minimum level of 3 months unrestricted expenditure. At March 2024, there were reserves available to cover 6 months of expenditure.

Risk review:

The trustees have a risk register that sums up the main risks to the charity and we have put in place policies and systems to mitigate these risks. Volunteers are protected under the insurance of Ansvar.

We have a wide range of policies including safeguarding, equal opportunities, lone working, volunteer and data protection.

CARAWAY		Charity No	1177743		
		Company No			
Annual accounts for the period					
Period start date	01/04/2023	To	Period end date	31/03/2024	

Section A Statement of financial activities (including summary income and expenditure account)

Recommended categories by activity	Guidance Note	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total funds £	Prior year funds £
Income (Note 3)		F01	F02	F03	F04	F05
Income and endowments from:						
Donations and legacies	S01	14,339	-	-	14,339	9,520
Charitable activities	S02	4,590	35,077	-	39,667	39,424
Other trading activities	S03	-	-	-	-	-
Investments	S04		-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
Total	S07	18,929	35,077	-	54,006	48,944
Expenditure (Notes 6)						
Expenditure on:						
Raising funds	S08	-	-	-	-	-
Charitable activities	S09	17,182	38,785	-	55,967	37,663
Separate material expense item	S10					
Other	S11	-	-	-	-	-
Total	S12	17,182	38,785	-	55,967	37,663
Net income/(expenditure) before tax for the reporting period	S13	1,748	- 3,708	-	- 1,961	11,281
Tax payable	S14	-	-	-	-	-
Net income/(expenditure) after tax before investment gains/(losses)	S15	1,748	- 3,708	-	- 1,961	11,281
Net gains/(losses) on investments	S16	-	-	-	-	-
Net income/(expenditure)	S17	1,748	- 3,708	-	- 1,961	11,281
Extraordinary items	S18	-	-	-	-	-
Transfers between funds	S19	-	-	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S20	-	-	-	-	-
Other gains/(losses)	S21	-	-	-	-	-
Net movement in funds	S22	1,748	- 3,708	-	- 1,961	11,281
Reconciliation of funds:						
Total funds brought forward	S23	22,708	27,571	-	50,279	38,998
Total funds carried forward	S24	24,456	23,863	-	48,319	50,279

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees	Charity Name: CARAWAY		
On accounts for the year ended	31/03/2024	**Charity no (if any)**	1177743
Set out on pages	1-34 (remember to include the page numbers of additional sheets)		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2024.

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination (other than that disclosed below *) which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:	A Rush	**Date:**	08/05/2024
Name:	AMANDA RUSH		
Relevant professional qualification(s) or body (if any):	ICEAW- MEMBERSHIP NUMBER 8124863		
Address:	THREE OAKS KEW LANE BURSLEDON SO31 8DD		

Section B Disclosure

Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to	NONE

Caraway Business Plan 2024 - 2025

INWARD FACING Trustees | Staff | Volunteers

MAKE SUSTAINABLE

Trustees and Sustainability actions

- Refresh Trustee Board functioning. Change person who is Chair of Trustees.
- Look for new trustees and define roles of the various trustees.
- Develop an Operational Group to manage so that trustees can look at bigger issues.

MAINTAIN STANDARDS

Technology

- Website refit and review of communications.
- Develop more use of media in our communications - video, stories.

CHERISH AND NURTURE

Staff.....Look after our staff… all sorts of ways.

Look after and train our volunteers

- Plan further induction sessions for new volunteers, and learning opportunities for all volunteers nearer to their community and roles.
- Refresh training of volunteers equipped to do one to one and telephone support.
- Ensure processes around safeguarding and GDPR are completed and shared.

OUTWARD PUBLIC FACING

CONSOLIDATE

Chaplaincy Service

- Further develop chaplaincy service and identify Chaplaincy Coordinator.
- Maintain contact with Care Homes and develop more one to one spiritual support for residents.
- Disseminate and monitor Loneliness Packs usage. Collect figures and stories.

Carers of people living with dementia

- Run Course for Carers 3 times a year in collaboration with a Memory Café.
- Maintain standards in and support current 9 Memory Cafés.
- Put on 3 events a year for ongoing carer support after the carers course and related peer support groups.

Resources

- Continue to reach out to community through monthly VABHome and Prayer Cards
- Weekly news updates of what's on for those living with dementia
- Termly newsletters to wider supporters

DEVELOP

1. **Roles of Chaplains for dementia**
2. **A Chaplain for older people in every community in Southampton**
3. **Explore new community opportunities for older people in the more deprived areas**
4. **Stabilise a well organised and robust Chaplaincy Referral System.**

Caraway
Spiritually Resourcing the Older Person

Caraway, c/o 59 Brookvale Road, Highfield, Southampton, SO17 1QS
Registered charity number 1177743 www.caraway.uk.com caraway@caraway.uk.com

Caraway

Spiritually Resourcing the Older Person

Charity Number 1177743

www.caraway.uk.com

07535 164014

CARAWAY

England & Wales - Charity number 1177743

Accounts

Caraway

Spiritually Resourcing the Older Person

Caraway Trustees Annual Report

for year-ending
31 March 2023

Registered Charity Number 1177743

(CIO Foundation Registered March 2018)

www.caraway.uk.com

Caraway Trustees Annual Report

Charitable Objectives

Spiritually Resourcing the Older Person "To promote social inclusion for the public benefit and to relieve the needs of older people who are socially excluded by virtue of their age, by providing such support as deemed appropriate to assist them to integrate into society in accordance with Christian Principles."

Our Vision

Our vision is to give those in their older years a voice, to be alongside the lonely, isolated and bereaved and create community, where connections can be made, and friendships can flourish. We want to see a society in which every older person is valued, affirmed and able to realize their full potential.

Our Mission Statement

To promote the spiritual wellbeing of those in their later years, in community, care or church, reaching out to those of all faiths or none, so that each older person continues to feel significant and to flourish until the end of their life.

Caraway works in partnership with churches, voluntary and statutory agencies to support the older person in their local community and to be an effective advocate for those whose voice is not heard.

We are developing Chaplaincy Services with 11 Chaplains for older people together with Revd Dr Canon Erica Roberts, who is the City Chaplain for Older People. They enable the work of Caraway to be delivered in a way that is relevant for the local context.

We have Dementia Services that deliver 9 Memory Cafés a month across the City of Southampton, run a course for new carers of people living with dementia and train and support 70 volunteers to do this work.

The Context

In Southampton City, there are 38,169 people over the age of 65 years (data.southampton.gov.uk). The incidence of dementia is rising and in 2020, more than 2,386 people live with dementia (GP records and Public Health). Of these, 1745 are living in the community and 641 are cared for in residential care. There are 32 care homes in the city, and 154 supported housing complexes. (www.housingcare.org). Day Care services, carers and clubs for older people have largely been cut by the council and are provided by voluntary and charitable bodies such as Caraway.

The Trustees have:

- Paid due regard to the guidance in the Charity Commission's general guidance on public benefit in reviewing the work undertaken in the last 12 months.
- Monitored the areas of activity undertaken and the sources of referral made for the services.
- Supported the introduction of a new range of services in response to the changes brought about by the COVID-19 pandemic.

Our Aims and Objectives

1. To identify and meet the pastoral and spiritual needs of older people, their families and carers, in the community, within the church and for those who are live in residential care.
2. To build bridges between churches and their local community within the City of Southampton, between voluntary and statutory bodies and between the generations in our society, in order to be an effective advocate for the older person.
3. To support, resource and train volunteers in identifying the wider challenges of growing older and enabling them to support these needs appropriately e.g. loneliness, bereavement, dementia, end of life issues.
4. To help the local Church recognise the enormous resource of wisdom, experience and gifts that this generation can offer the wider community and to enable each older person to realise their full potential.

Erica Roberts City Chaplain for Older People

We have had an exciting year and it is encouraging to see the energy that is being generated amongst our amazing volunteers. Our regular training sessions for our dementia volunteers and care home support are well-attended, with new skills being learnt, and resources shared. Watching partnerships and connections grow across the city embeds the work that Caraway is achieving and enables us to serve more of the older community than if we worked in isolation.

As we begin to develop our Chaplaincy Services, it has been particularly exciting to support more individuals who are exploring Anna Chaplaincy. Our vision, along with the National Anna Chaplaincy Network is to have an Anna Chaplain for every community and I'm delighted to see this beginning to be a reality. Anna Chaplains are supported by their local church and commissioned to serve the spiritual well-being of the older person in both community and care. Caraway offers supervision, resources, and training depending on each individual context, and it is exciting to be working together to spiritually resource the older person in this way.

One of my highlights each year is our annual Refresh and Resource Day. In 2023 we tackled the challenging area of Death, Dying and Bereavement, with over eighty gathering across the south of England to learn, share, and network together. We had some inspiring speakers, thought-provoking workshops along with space to privately reflect on our own journey. It is always so encouraging to hear the buzz in the room and reminds me of the joy that comes from the privilege of being part of this important work.

Dr Ros Simpson, Chair of Trustees says

If there is one word to sum up Caraway's work in 2022-3 it is growth. All areas. We have more Chaplains and Chaplains Assistants, connecting with more people. We have more community opportunities especially for the Dementia Community in Southampton, stronger connections with other voluntary and NHS bodies, and we have more trustees each working hard in a defined role for the greater good of Caraway.

The volunteer body has grown, and there is new regular training for volunteers who provide 9 memory cafés a month and a course for carers. It has been a great pleasure and honour to see many amazing outcomes of our collective work to enhance the spiritual life of older people in Southampton.

All our spiritual resources have been gratefully received with amazing feedback that they hit the spot, and we are going from strength to strength.

The landscape Is changing within the charity sector, and we are collaborating more to achieve better outcomes citywide as there is considerable disarray in the services by NHS and City Council for older people. We work with inclusion, compassion, energy, training and safe practice to provide an excellent service within our remit as a charity for older people.

Well done to all our trustees, staff, volunteers and area workers for all you have achieved as teams in 2022-23 for the older people of Southampton.

How Caraway activities have delivered the public benefit

For any Older people in the Community, the Anna Chaplains

Anna Chaplains provide spiritual care appropriate for their local community. (www.annachaplaincy.org.uk). Anna Chaplains are named after the widow, Anna, who appears with Simeon in Luke's gospel; both are good role models of faithful older people. Anna Chaplains are supported by their local church and serve those of strong, little or no faith at all. They are all self funded except one, for Southampton West (see below)

The chaplains are supervised by Rev Dr Canon Erica Roberts, City Chaplain for Older People in Southampton.

Anna Chaplains supported by Caraway are:

- Marion Hitchins Southampton East
  and Kathy Hyde, Sholing and moving to Portswood
- Esther Clift, Shirley
  and Margaret Hague, Lordshill and Maybush (Southampton West)
- Jackie Cooper, Bitterne Park in Southampton
- Carol Kidd, Harefield and West End in Southampton
- Rev Penny Thatcher, Curate with Caraway

We anticipate that at least a further three Chaplains will be commissioned over the coming year.

A Chaplain comes alongside those older people who are isolated, lonely or navigating the challenges of later years. They listen to the family's story as appropriate and offer comfort, advice on end of life care, support through times of transition such as getting a diagnosis of dementia or cancer, and offer bereavement help. They encourage the person to make links with their local church and community as suitable, and they try to encourage ongoing supportive relationships.

Caraway has begun a process to explore how to structure our Chaplaincy Services, receiving referrals, providing one to one care where appropriate and connecting others into local community groups. We hope to see this launched and embedded into our wider work over the coming year.

Plans for a new role of a City Chaplain for Dementia continue to be developed and we anticipate having this role bridging our dementia and chaplaincy services as a substantive post by the end of 2023.

Developing our Dementia work: in collaboration with Solent NHS, Hampshire and Isle Of Wight Integrated Care Board and Admiral Nurses, we provide:

- **Regular local Memory Cafés,**
- **Courses for new carers and**
- **Wellbeing Support for Carers**

This is developing a Dementia Community across Southampton, connecting, informing and facilitating excellent joined up help for families and individuals living with dementia as far as our remit allows. We realise that there are a majority of households living with dementia who do not go out to community opportunities. This is for cultural and financial reasons, but also because of, mobility problems and severity of dementia. For these people more one to one help Is needed, and we are working with other agencies to go towards those who need more help in this difficult journey.

Memory Cafés, people helping people

There are now 7 memory café sessions across the city per month facilitated by Caraway. In these settings, people living with dementia are meeting others with dementia, carers are talking to carers, and a supportive setting is allowing fellowship to include all of the group. This includes love and support when someone is ill and can't attend, when a dementia friend dies, or goes into a care home. There has been an amazing volunteer response too, and the love and continuity they give to each setting is invaluable. I have seen true compassion in action, supported by churches who offer their premises free and who support the groups in many ways including in prayer. A true community response.

In March 2023 the 7 Memory Cafés were across Shirley, Bitterne, Thornhill, Lordshill, Lordswood, MAST Theatre and Highfield, that allows over 100 people to attend a local memory café supported by about 70 volunteers.

We have been running Memory Cafés for 6 years now and have seen more than 1 entire cohort of people living with dementia go from attending alone, attending with a carer, needing residential care and then sadly dying. Some carers continue to attend the cafés even after the death of their loved one as it is supportive and familiar. They are a tremendous help to others on the journey.

The Memory Café service was evaluated in September 2022:

Evaluation of participants (carers) at Memory cafés in September - October 2022 showed 9 cafés a month in 5 venues attended by about 120 people per month, served by about 40 volunteers on a regular basis.

Comments Included:

- *I like mixing with others with shared problems / experiences, helping us realise we are not alone. Empathy goes without saying or explanation. New friendships. No one is ever left alone, volunteers always pick up on anyone who seems isolated.*
- *The café is a lifesaver, talking to Admiral Nurse after feeling suicidal, they ease your pain. She introduced me to carers tea and another club.*
- *We very much feel that we belong to the dementia community. We cannot thank the Caraway Organization enough. Well done Caraway, may you continue developing the commitment.*
- *I like to meet friends, have contact with other people for friendship and support. I look forward to the memory café meetings.*
- *It's my escape and something we both look forward to!*

Caraway Courses for New Carers are due to start In April 2023

These will be for carers of people with a new diagnosis of dementia In the last 2 years. It will provide emotional and informational support, and allow true choice about how their dementia journey will progress.

Wellbeing calls to carers continue and we have 11 volunteers telephoning 17 families living with dementia on a regular basis. We are looking at how to extend this role to become closer to the carers.

In May 2020 we began a Bereavement and Loss Listening Service, starting with several referrals from the Admiral Nurses of those with a dementia related loss. This has grown in its remit to receive referrals by email, telephone or the website for a Chaplain or trained volunteer to contact an older person in need. We are reviewing this service and setting up the Caraway Chaplaincy Services.

Caraway Dementia Services have been supported in 2022-3 by the McCarthy Stone Foundation, by Southampton City Council, and The National Lottery.

Combating Loneliness: Caraway aims to combat loneliness

Jubilee Tea Dance – 31st May 2022

We held a Tea Dance to celebrate the Queen's Platinum Jubilee. We welcomed over 60 people to an afternoon of live music and dancing and of course afternoon tea. We particularly enjoyed having some University students join us who entertained us with their energetic ballroom dancing – a truly intergenerational event.

Creating Community: Vintage Adventure @ Home

Our Vintage Adventure @ Home project continues and every month we send out an A5 booklet filled with worship, reflections, poems and actitivites all based around a theme for that month. We currently reach over 200 people, mostly within Southampton, but we do send to friends across the country as well.

It remains a much valued spiritual and social booklet researched, written, produced and delivered by a wonderful faithful group of volunteers.

The packs are used by the Anna Chaplains to focus on supporting the housebound and their friends and neighbours and we plan to continue to provide this resource where we can.

All resources are available for free download on our website.

Year	Month	Edition Title	Number sent
2022	April	Easter	198
	May	Living in the Light of Easter	195
	June	Our Faithful Queen	190
	July	The Good Shepherd	187
	August	God's Gift of Rest	187
	September	God's Gift of Music	187
	October	All Different! All Welcome!	190
	November	The Power of Words	192
	December	Messiah	192
2023	January	I am the Gate	192
	February	I am the Light of the World	205
	March	I am the Good Shepherd	209

We send out over 200 booklets every month. We were pleased to receive continued support from Highfield Church and The Listeners Trust for this project.

Feedback

"We both would like to send a personal thank you from us and our group. With ref to the letter, prayers from Caraway which we receive every month. To all the people who produce all that we get from you may we send a personal thanks. Please keep this going as all prayers and literature from Caraway is awaited with great thanks. May our Lord send his blessings to you all."

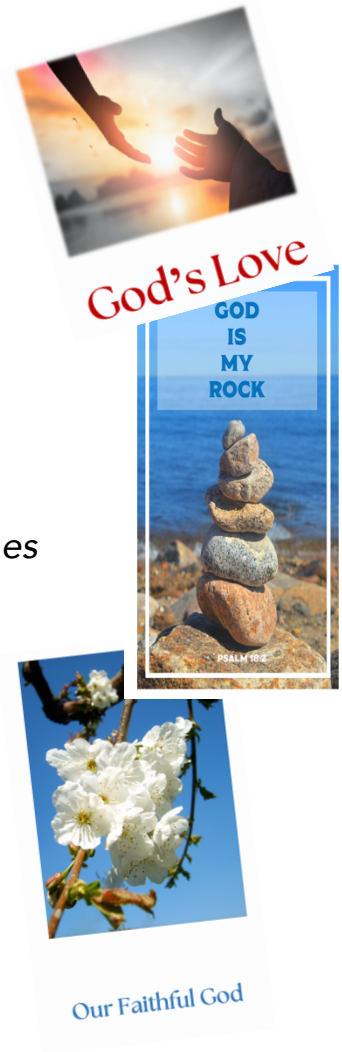
"Many thanks for your faithfulness in sending Vintage Adventure each month. I really appreciate it and particularly enjoy those that concentrate on the Bible, as the most recent one does showing Jesus to be the Light of the world. Thank you again for your ministry. We older people are truly grateful."

"Just to say how much I appreciated the latest VA Adventure @ Home. I am amazed at the information shared about the life of a middle eastern shepherd; where did she get it all? and lots of other stuff worth chewing over. Thanks to the team. I missed the chocolate, even though I think you had warned us, but I have been programmed like Pavlova's dogs!"

Vintage Adventure is now happening face to face in churches. The combination of a social event with familiar hymns, worship, a bible reading and a story that arises, with some discussion is really appreciated. It is dementia and disability friendly, and includes some associated activities and crafts as well as opportunities for prayer and time to just sit and chat over a cup of tea and cake. We were able to meet together to celebrate Easter and Christmas and more regularly since.

Home Prayer Card

Every month we post over 150 copies of our Home Prayer Card to people across the city. Each month has a different theme and different people contribute. Our Anna Chaplains not only deliver them to those they care for but also use them for praying with those who are now unable to get to church.



Feedback:

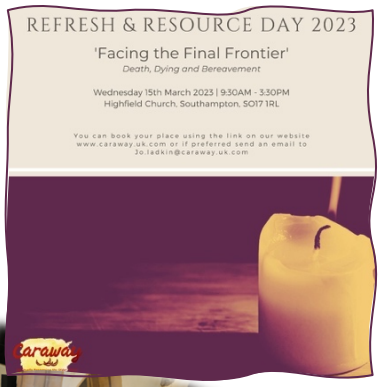
"Just some feedback re: HPC. Please can you thank the author? I visited 2 Christian gentlemen this afternoon in 2 separate care homes and was able to use this - it was so appropriate."

"He couldn't see to read the HPC as nobody has taken his glasses in - but as I read it, he cried during the reading of Romans 8. It was so special to remind him that although he has been through a rough time and isn't sure even now what is happening and he still misses his wife, that nothing can separate him from God's love."

A Taste of Caraway – our Annual Fundraiser

We held our first annual fundraising event on 1st October 2022. We invited people to come along for the afternoon, to experience a taste of what Caraway does.
We charged a small admission fee and guests were able to enjoy an afternoon tea, browse some craft stalls and enjoy some musical entertainment amongst other things. All activities that happen at many of our Memory Cafés across the city. We closed the event with an Auction of Promises and were delighted to raise over £2000.00 from the afternoon. Join us again on 7th October 2023!

Annual Refresh and Resource Day March 2023



This year's theme was 'The Final Frontier, Facing death, dying and bereavement'. Over 80 people joined us for a challenging day of how we can help our older people and their carers support those who are dying and those looking after them.

While an emotional day for many it was also an uplifting day, contradictory to the days title. Guest speakers shared their personal and practical insights as we explored many important issues around end of life and bereavement. Sessions were:

- Can we Die Well?
- Beginning the Grief Journey
- Being Alongside the Dying
- Final Wishes

The morning session closed with a panel discussion with our speakers.

We enjoyed a light lunch of sandwiches and delicious cakes after which we divided into smaller groups to explore a range of topics discussed through interactive practical workshops.

- Grave Talk
- Living with Loss
- Sharing Resources for the Journey
- Creative Space

The inspiring day closed with a reflective time.

Feedback from those attending:

"This event is a real highpoint in the year for Anna Chaplaincy and prepared with such thoughtfulness and skill. Each of the speakers gave us important messages in helping understand how spiritual care makes a profound difference. They were fluent and engaging in their delivery, showing their passion for best practice at end of life and drawing us in with brilliant examples and case studies. Please convey our sincere thanks for their generosity in sharing their wealth of experience and wisdom."

"Thank you very much for such a well-planned and thoughtful day!"

"Thank you so much. It was a very well organised day (as always!) with well chosen speakers ----- and a delicious lunch! It was so good as well to connect again with folk with the same heart for our dear older people. Looking forward to next year now!!"

"Thank you all for a really helpful and well organised day."

"I got a lot from the R&R Day, and am really grateful for the opportunity to hear so many speakers able to give such honest insights. The atmosphere was really good and it felt like a safe space to be honest about the pain of loss and grief, while still offering much hope for healing and that good days can still come. It also changed my own perspective on grief and gave me a lot to reflect on. Thank you very much for such a well-planned and thoughtful day!

As always, the day was a wonderful time of refreshment, inspiration and food for thought, as well as lovely refreshments. I have always enjoyed these days, learned so much and pinched lots of ideas!"

Supporting Care Homes: Virtual Christian Services

We continue to provide a regular Communal Christian worship service to our Care Homes via Zoom and now with less restriction on visiting Care Homes one of our team is usually able to join with the residents for the service. 6 Care homes regularly join us along with Care Hubs as well. We provide a gift bag for each session with the orders of service, some activity sheets and an edible treat for them. We are very blessed by our wonderful team of volunteers who assist with the service, giving a talk, leading the prayers, dealing with the technology, they help to make this all possible.

We have provided more Spiritual Care boxes this year and have some already prepared to go into new Care Homes in the coming year.

Anna Chaplain for Southampton West

Revd Margaret Hague is our paid Anna Chaplain for Southampton West: Maybush, Lordshill and Rownhams, sponsored by the Henry Smith Charity.

This year has seen significant progress being made in being able to visit residents living in the Sheltered Housing Blocks within Lordshill on a regular basis. I visit 3 different blocks once a month and now have a volunteer assistant who visits a 4th block also once a month (plus any extra home visits I am unable to take on), where we sit and chat with residents who attend the Courts' weekly coffee mornings. These events are a great way to informally build relationships with residents in a safe, relaxing space. Many have then shared their upsets and hurts with us and we have supported them through some quite significant life changes.

Regular visits have also been made to a resident living in a Sheltered Housing block in Maybush and to another in a Care Home. I continue to run 'Coffee, Cake & Connect' coffee drop-in one afternoon a week at Lords Hill Church along with a committed team of 5, sometimes 6, volunteers. One of the volunteers is commencing training to become a volunteer Anna Chaplain working alongside me in Lordshill. The Coffee, Cake & Connect sessions are often quite labour intensive as the older people who come require a lot of support, some of whom have special needs.

It has been sad to see some struggling in the financial climate or with an addiction or mental health issue but encouraging to see others of no faith, warming to the love of Christ which is so evident at our sessions. We are able to help attendees navigate some upsetting times and changes and it is rewarding to see so many feel at ease in being to share their problems and worries with us. The number of home visits I do is increasing and so is the need to offer a spiritual connection to those who are no longer able to attend their place of worship. Visiting them in the role of Chaplain is an immense honour and pleasure for me, but being able to spend time praying together and sharing a word from the Bible means such a lot to them, as I have been told on many occasions! I also still continue to make support phone calls and pray with others on the phone.

Over 100 Vintage Adventure packs and a fewer number of Home Prayer Cards are delivered in the area each month and the feedback from these continues to be amazing. These are indeed a valued lifeline to those who have once attended church but who are no longer able to, but also to those who are seeking God's peace for the first time in their lives.

The funding from the Henry Smith Charity is making a very big difference in the number of older people I am able to meet and support, however there are still a

great many we haven't yet met. There are always more doors opening to us and our plan for the future is to grow a bigger team. With over 850 older people living in Lordshill alone, many of whom are unable to walk to the Church, it remains so vital that we reach out to them.

Our Volunteers: People helping people helping people

It is true that apart from their badges, it is difficult to know at a Caraway event, who are the volunteers and who are the guests. The majority of our volunteers are over 60 years old, and have a real heart for helping people. They are bright, resourceful, and work really well in their teams. They say they get a lot out of helping others less fortunate than themselves. Or maybe the volunteer helps because he or she knows what it is like to travel the dementia or old age journey, and they just want to help others through it. Such compassion and heart.

We have about 70 volunteers in the following roles:

- Chaplain or a Chaplain's Assistant
- Dementia Wellbeing Volunteer
- Memory Cafés volunteer and other Dementia Community Events
- Courses for Carers Facilitator
- Care Home Supporter
- Vintage Adventure @ Home team member
- Holiday @ Home team member
- Administrative and Operational support

All volunteers are registered with Caraway and receive training and ongoing support. We are focussing on safe working, understanding people's needs, active listening and proactive responses. We are developing an app for safe data management of dementia community groups and manage people's needs with

confidential but effective responses, advocating for them with their consent and knowledge.

One of our advisers spoke to our volunteers at their summer retreat:
"Caraway is like the garden, and contains many different personalities with different gifts. If there was only one type of flower blooming, It would be glorious for 2 weeks of the year and then nothing. But Caraway is richer than that.
As part of Caraway volunteers, you have your own unique time to bloom. You need the support of the other plants, to show your buds of promise before you explode into bloom for what might be a short time but a glorious time.
We are all different, some roses that smell lovely, some sunflowers bright and showy, and some, maybe shrubs that faithfully bloom year after year, or maybe you are like the rosemary bringing flavour and perfume to where you are planted. Ask God what you are like and know that you are what he means you to be, planted where he wants."

Our Website and Publications: www.caraway.uk.com

The Caraway website provides an excellent window into our work and stores details of events, publications and is a safe way for anyone in Southampton to access the services of an Anna Chaplain or Caraway Volunteer.
Google suite for charities is providing a safe, efficient information and communication hub for our chaplains, volunteers and community contacts with other agencies and organisations. It gives a link to our regular newsletters, prayer letters and training documents.

In the past year we have developed a resources directory for dementia opportunities, an app for volunteers to safely manage client data, and we send out a weekly email telling the dementia community about community opportunities, including all memory cafés In the coming week. It goes to 165 people weekly.

The Important Role of Caraway

Our unique niche is providing spiritual care for the older person. It is about connecting them with community, hearing their sorrows and joys, being with them in times of loss, and providing meaning to life in the community. We do this with the abundance of God's provision, with love for the older person, and with an understanding of what it is to age and stay valued and engaged with our local community and or faith groups.
Our work with people living with Dementia has really grown in the last 12 months and we hold a vital connecting place for people living with dementia and their carers and health and social care professionals.

The charity works with people of any faith or none and supports churches in Southampton providing services for older people.

What is Spiritual Care?

Spiritual care supports a person to explore their awareness of their meaning, purpose and connectiveness in life. It is listening and being present for that person, who may have a faith or not, and responding to their needs in the areas of grief and loss, crisis, ethical and moral issues and when in distress.

Our Aspirations for 2023-24

So, what do we expect over the coming year?

We have been thrilled at the creativity that we're already seeing in our teams to engage, sustain, support and resource the older community.

1. Develop Caraway Chaplaincy Services for Older People

   We aim to develop the Anna Chaplaincy work in Southampton, supporting and encouraging our existing Anna Chaplains, helping them recruit Chaplain's Assistants, and welcome new local Chaplains from surrounding areas. This is needed as a safe and clear referral route and a safe response is needed as we are better known and have more Chaplains covering more of Southampton. This will encompass the Bereavement and Loss Listening Service.

2. A new Anna Chaplain for Dementia

   We aim to fundraise for an Anna Chaplain for Dementia in the city to be part of the dementia services for Southampton and to be an advocate for the spiritual well-being of this group.

3. Supporting carers of and those who live with dementia

   We are starting regular courses for new carers of people living with dementia, starting in April 2023, and including the "We Care Dementia Care" course with Dr Kellyn Lee from the Dementia Care in Totton, Southampton. We will continue and develop the Memory Cafés and Wellbeing Volunteers for Dementia Scheme. We plan to expand these schemes to cover some of the more deprived areas of our city and continue developing our supportive role for volunteers and helping them support each other. We are working to evaluate the schemes and improve signposting opportunities.

4. Encourage older people to engage in helping their own community

   As the older population engages, new groups will spring up, and we will continue our new resources for the care home residents and housebound older people in our city. We plan to encourage collaborative projects where older people contribute to our city in meaningful ways.

5. Continued development of communications, volunteer and promotional support

   Jo Ladkin and Lo Cuoghi are our administrator and volunteer coordinator and publicity officer, paid for by Caraway. We are expanding the roles as the administrative demands for promoting and supporting the work of Caraway evolve. We hope that we will gain more funding for a paid coordinator for an Anna Chaplain for Dementia, the Dementia Community Development work and the Caraway Chaplaincy Service.

6. To develop Caraway Care, a new Bereavement and Loss service for older people

   This telephone bereavement listening service has started in collaboration with the NHS Admiral Nurses. A demand was identified, and Caraway has responded, with training and supervision in place. Part of the task over this next period will be the development of the volunteer base, with telephone support, with the possibility of a Bereavement Group by next year.

7. Refresh and Resource Day March 2024

   A day of training and reflection for all those involved in the ministry of older people in the South Of England and beyond. Focus will be on loneliness and social isolation issues and ways of responding. It will be thought provoking, inspiring, creative, prayerful and fun. Date to be confirmed.

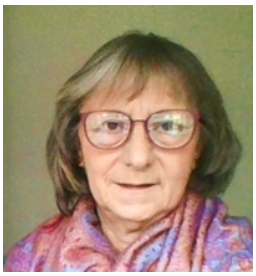
8. Raise funds to support these aspirations

   We have received several grants for our projects with older people. We will continue this fundraising activity to maintain our activity level and grow the chaplaincy service for volunteer and paid roles.

The Caraway Team: Thank you for supporting Caraway, from the team…

Our Anna Chaplains (left to right):

- Margaret Hague, Marion Hitchins, Kathy Hyde, Carol Kidd, Esther Clift , Jackie Cooper (no photo)



Our Trustees (left to right):

- Revd Canon Dr Erica Roberts, City Chaplain for Older People in Southampton and Anna Chaplain
- Dr Rosalind Simpson, GP and Chair of Trustees
- Mr Terry Martin, Retired University Lecturer
- Esther Clift, Anna Chaplain and Consultant in Frailty at Southern Health Foundation Trust
- Katherine Barbour
- Dorenda Chapman
- Keith Fox
- Barry Toward

Our Admin Team (left to right):

- Jo, Administration & Operations Manager
- Lo, Communications & Volunteer Coordinator
- Catherine, Chaplaincy Services Co-ordinator
- Janet, Secretary to Trustees
- Jill, Treasurer

Our Finances

Reserve's policy:

It is the policy of Caraway to maintain unrestricted funds which are our free reserves, at a minimum level of 3 months unrestricted expenditure. At April 1st 2023, there were reserves of about £6000 available to cover 6 months of expenditure including potential redundancy.

Risk review:

The trustees have a risk register that sums up the main risks to the charity and we have put in place policies and systems to mitigate these risks. Volunteers are protected under the insurance of Ansvar.

We have a wide range of policies including safeguarding, equal opportunities, lone working, volunteer and data protection.

Accounts 2022-23

CARAWAY		Charity No	1177743		
		Company No			
Annual accounts for the period					
Period start date	01/04/2022	**To**	Period end date	31/03/2023	

Section A Statement of financial activities (including summary income and expenditure account)

Recommended categories by activity	Guidance Note	Unrestricted funds £	Restricted income funds £	Endowment funds £	Total funds £	Prior year funds £
Income (Note 3)		F01	F02	F03	F04	F05
Income and endowments from:						
Donations and legacies	S01	9,520	-	-	9,520	8,165
Charitable activities	S02	4,782	34,642	-	39,424	26,551
Other trading activities	S03	-	-	-	-	-
Investments	S04		-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
Total	S07	14,302	34,642	-	48,944	34,716
Expenditure (Notes 6)						
Expenditure on:						
Raising funds	S08	-	-	-	-	-
Charitable activities	S09	6,772	30,891	-	37,663	31,281
Separate material expense item	S10					
Other	S11	-	-	-	-	-
Total	S12	6,772	30,891	-	37,663	31,281
Net income/(expenditure) before tax for the reporting period	S13	7,530	3,751	-	11,281	3,435
Tax payable	S14	-	-	-	-	-
Net income/(expenditure) after tax before investment gains/(losses)	S15	7,530	3,751	-	11,281	3,435
Net gains/(losses) on investments	S16	-	-	-	-	-

Net income/(expenditure)	S17	7,530	3,751	-	11,281	3,435
Extraordinary items	S18	-	-	-	-	
Transfers between funds	S19	-	-	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S20	-	-	-	-	-
Other gains/(losses)	S21	-	-	-	-	-
Net movement in funds	S22	7,530	3,751	-	11,281	3,435
Reconciliation of funds:						
Total funds brought forward	S23	15,178	23,820	-	38,998	35,563
Total funds carried forward	S24	22,708	27,571	-	50,279	38,998

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A Independent Examiner's Report

Report to the trustees/ members of	Charity Name CARAWAY		
On accounts for the year ended	31/03/2023	**Charity no (if any)**	1177743
Set out on pages	1-34		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2023

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed:	*A Rush*	**Date:**	17/05/2023
Name:	Amanda Rush		
Relevant professional qualification(s) or body (if any):	ICEAW Membership number 8124863		
Address:	Three Oaks Kew Lane Bursledon SO31 8DD		

Caraway
Spiritually Resourcing the Older Person

Thank you for reading

End of Report!

@spirituallyresourcingtheolderperson

CARAWAY		Charity No	1177743		
		Company No			
Annual accounts for the period					
Period start date	01/04/2022	To	Period end date	31/03/2023	

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Other trading activities	S03	-	-	-	-	-
Investments	S04		-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
Total	S07	14,302	34,642	-	48,944	34,716
Expenditure (Notes 6)						
Expenditure on:						
Raising funds	S08	-	-	-	-	-
Charitable activities	S09	6,772	30,891	-	37,663	31,281
Separate material expense item	S10					
Other	S11	-	-	-	-	-
Total	S12	6,772	30,891	-	37,663	31,281
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Net gains/(losses) on investments	S16	-	-	-	-	-
Net income/(expenditure)	S17	7,530	3,751	-	11,281	3,435
Extraordinary items	S18	-	-	-	-	
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CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

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Signed:	*A Rush*	**Date:**	17/05/2023
Name:	Amanda Rush		
Relevant professional qualification(s) or body (if any):	ICEAW Membership number 8124863		
Address:	Three Oaks Kew Lane Bursledon SO31 8DD		

Section B	Disclosure
	Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).
Give here brief details of any items that the examiner wishes to disclose.	None

CARAWAY

England & Wales - Charity number 1177743

Accounts

Caraway

Spiritually Resourcing the Older Person

Caraway Trustees Annual Report

For the year-ending
31 March 2022

Registered Charity Number 1177743
(CIO Foundation Registered March 2018)
www.caraway.uk.com

Caraway
Spiritually Resourcing the Older Person

Caraway Trustees Annual Report

Charitable Objectives

Gathering the Harvest in Our Later Years, "To promote social inclusion for the public benefit and to relieve the needs of older people who are socially excluded by virtue of their age or dementia, by providing such support as deemed appropriate to assist them to integrate into society in accordance with Christian Principles."

Our Vision

Our vision is to give those in their older years a voice, to be alongside the lonely, isolated and bereaved and create community, where connections can be made, and friendships can flourish. We want to see a society in which every older person is valued, affirmed and able to realize their full potential.

Our Mission Statement

To promote the spiritual wellbeing of those in their later years, in community, care or church, reaching out to those of all faiths or none, so that each older person continues to feel significant and to flourish until the end of their life.

Caraway works in partnership with churches, voluntary and statutory agencies to support the older person in their local community and to be an effective advocate for those whose voice is not heard. We have a special focus on the dementia community In Southampton.

We now have six Anna Chaplains together with Revd Dr Canon Erica Roberts, who is the City Chaplain for Older People. They enable the work of Caraway to be delivered in a way that is relevant for the local context.

The Context

In Southampton City, there are 40,931 people over the age of 65 years (PCN Data 2022). The incidence of dementia is rising and in 2022, more than 1620 people live with dementia (GP records and Public Health). Of these, about 60% are living in the community and 40% are cared for in residential care. There are 32 care homes in the city, and 154 supported housing complexes. (www.housingcare.org). Day care services, carers and clubs for older people have largely been cut by the council and are provided by voluntary and charitable bodies such as Caraway.

The Trustees have:

- Paid due regard to the guidance in the Charity Commission's general guidance on public benefit in reviewing the work undertaken in the last 12 months.
- Monitored the areas of activity undertaken and the sources of referral made for the services.
- Supported the introduction of a new range of services in response to the changes brought about by the COVID-19 pandemic.

Our Aims and Objectives

VINTAGE ADVENTURE

@ HOME

GOD'S LOVE FOR US

1. To identify and meet the pastoral and spiritual needs of older people, their families and carers, in the community, within the church and for those who are live in residential care.
2. To build bridges between churches and their local community within the City of Southampton, between voluntary and statutory bodies and between the generations in our society, in order to be an effective advocate for the older person.
3. To support, resource and train volunteers in identifying the wider challenges of growing older and enabling them to support these needs appropriately e.g. loneliness, bereavement, dementia, end of life issues.
4. To help the local Church recognise the enormous resource of wisdom, experience and gifts that this generation can offer the wider community and to enable each older person to realise their full potential.

Erica Roberts City Chaplain for older people. Report June 2021

There are many things to be thankful for as I look back over this past year, but the key encouragement to celebrate is our growing volunteer team. We now have over seventy passionate volunteers who are engaging in different ways and each contribution is so valuable. This momentum is in part due to the brilliant core team at Caraway, who support our care for the older person across the city, by connecting with volunteers, organising training, and doing those important and transforming administrative tasks in the background.

All of this means that we can support more isolated and vulnerable older people in the city, together with their carers and families, through our Anna Chaplaincy team, our Memory Cafes and our Well-Being and Bereavement contacts. Deepening partnerships with local organisations, including our NHS Admiral Nurses, Solent NHS Trust, Carers in Southampton, and the local churches, has enabled, strengthened, and broadened our horizons. This is an exciting season with new opportunities to connect with those who are older, lonely, and isolated. I look forward to being involved in the ongoing development of Caraway over this coming year.

Dr Ros Simpson, Chair of Trustees says:

It has been a great pleasure and honour to see many amazing outcomes of our collective work to enhance the spiritual life of older people in Southampton.

Our team of Anna Chaplains has increased to 6 chaplains and a curate, all of whom have volunteers supporting their work in their parishes. Churches have been striving to help their older people, and we receive referrals from individuals, churches or health professionals to the chaplains.

All our spiritual resources have been gratefully received with amazing feedback that they hit the spot, and we are going from strength to strength.

We have developed a real heart for those living with dementia and I am amazed and humbled by the great volunteers who support individuals living with dementia or run memory cafes across the city. A developing community.

Well done to all our trustees, staff, volunteers and area workers for all you have achieved as teams in 2021-22 for the older people of Southampton.

How Caraway activities have delivered the public benefit…

For any Older people in the Community, the Anna Chaplains.

Anna Chaplains are part of the BRF National Programme to develop Chaplaincy across the UK (www.annachaplaincy.org.uk). Anna Chaplains are named after the widow, Anna, who appears with Simeon in Luke's gospel; both are good role models of faithful older people. Anna Chaplains are there for people of strong, little or no faith at all.

Anna Chaplains provide spiritual care appropriate for the local community; they can connect with the local churches, residential facilities and other community groups that care for the older person, listening to the local need and responding appropriately.

The chaplains are well led by Rev Dr Canon Erica Roberts, City Chaplain for Older People in Southampton.

Our Anna Chaplains are:

- Marion Hitchins and Kathy Hyde, Southampton East
- Esther Clift and Margaret Hague, Southampton West
- Jackie Cooper, Bitterne in Southampton
- Carol Kidd, Harefield and West End in Southampton
- Rev Penny Thatcher, Curate to Caraway

They are marvellous and have worked tirelessly all year supporting people face to face or on telephone calls, writing for our resources, creating and facilitating new community groups and helping the Vintage Adventure and Holidays at Home packs to reach the frail and housebound. They are supported by their

own churches or a church in the area they work and receive referrals from them and from other sources such as health professionals via the Caraway website.

A chaplain helping someone makes contact and listens well to their story. They listen to the family's story as appropriate and they offer comfort, advice on end of life care, support through times of transition such as getting a diagnosis of dementia or cancer, and offer bereavement help. They encourage the person to make links with their local church and community as suitable, and they try to encourage ongoing supportive relationships

We are developing a Caraway Chaplaincy structure as part of our governance work.

We are hoping to have a chaplain in place covering each area of Southampton, focussing on the more deprived communities in Southampton and to fund a City Chaplain for Dementia for Southampton.

Developing our Dementia work: In collaboration with NHS and Admiral nurses, we provide:

Wellbeing Volunteers for Dementia, an initiative collaborating with NHS and Admiral Nurses to create a telephone support and wellbeing call for carers of those living with dementia. Start-up date 1.3.21.

Trained volunteers telephone carers on a regular basis, to listen, care for and support carers. The aim is to offer the service to carers living with someone who has dementia and to encourage attendance at a memory café. We have 12 trained volunteers calling 17 carers, growing but also being evaluated for improvements needed.

Caraway has a Volunteer Coordinator, called Lo, who supports all our volunteers. Feedback from one volunteer:

"thank you for the support and encouragement you have given me over these past months of working as a Wellbeing Volunteer for Dementia. It has been great coming on board, with lots to learn"

Memory Cafes, people helping people.

As we gradually came out of lockdown, there was an immediate need for several memory cafes. People living with dementia urgently needed somewhere to go, they needed encouragement, a break, some fun, and to talk about where they are in the journey with a trained volunteer or a health professionals. For many this was the first opportunity since the start of the pandemic to make new friends, and come to realise what a journey with dementia meant.

An amazingly supportive, friendly, helpful, creative set of 4 groups has evolved very quickly. People living with dementia are meeting others with dementia, carers are talking to carers, and a supportive setting is allowing fellowship to include all of the group. This includes love and support when someone is ill and can't attend, when a dementia friend dies, or goes into a care home. There has been an amazing volunteer response too, and the love and continuity they give to each setting is invaluable. I have seen true compassion in action, supported by churches who offer their premises free and who support the groups in many ways including in prayer. A true community response.

In March 2022 there were 6 Memory Cafes across Shirley, Bitterne, Thornhill, and Highfield, that allows over 100 people to attend a local memory café supported by about 40 volunteers.

For feedback from service users of the memory café, please see the video posted on our website:
https://www.caraway.uk.com/resources/memory-cafes/

Transcript:

"What is good about these events, Memory Cafes?

"Well," said CB, " It's very uplifting for me as a carer, because I must say, especially over Covid, I have felt so isolated. You know, we were given a diagnosis (of dementia) and just left in limbo really. Then we heard about the groups and we thought we would come along. We didn't expect much, I'll be honest and talking to other carers, and my husband talking to other people who have dementia, it uplifts us all, it really does. We have made a lovely little community of friends. Thank you."

Person with dementia, GB, *"Yes, it's meeting new people, and there's chatting and all…. With the Alzheimer's, it does restrict us a bit. But we're getting on alright her, you know, even the women are talking to us!"*

Another person with dementia, CM says *"I like getting out and about, meeting people, having a laugh and a joke, all those sorts of things…"*

Carer of a person with dementia , JM said, *"We have made new friends who understand the situation and it's absolutely marvellous."*

Working with Portswood Dementia Action Group, and Southampton Dementia Friendly Steering Group

During the pandemic, with Portswood Dementia Action Group, we produced a monthly publication called "Together we Stand" with articles, recipes, puzzles, stories and signposting. These were delivered by hand to 200 households living with dementia and 8 care homes. The publications stopped in September 2021, and have been replaced by groups in peoples' gardens when weather allows, meals out and in 2021, a virtual Southampton Dementia Festival. The festival had talks, yoga, music and chat sessions and was a great success. A face to face Southampton Dementia Festival is planned for July 2022.

Caraway is represented on the Citywide Dementia Steering Group to improve connection, services and to liaise with other Organisations. Through this group, we develop links and connections that provide opportunities to improve the service for people with dementia.

City support includes the Mayor who has been to social events, and by the city Dementia services leads.

Bereavement and Loss Listening Service in collaboration with Solent NHS Trust and NHS Admiral Nurses

In May 2020 we began a Bereavement and Loss Listening Service, starting with several referrals from the Admiral Nurses of those with a dementia related loss. This has grown in its remit to receive referrals by email , telephone or the website for a chaplain or trained volunteer to contact an older person in need. We are reviewing this service and possibly setting up the Caraway Chaplaincy Services. We have responded to about 60 requests in 2021-22.

Combating Loneliness: Caraway aims to combat loneliness

Holidays@Home

Reaching out to any housebound older people, we organised two Holidays @ Home, on the themes of Taste of Summer in July 2021 , and Love Life and Laughter in February 2022. Both were well received and went to about 200 households, not including care homes.

The days have included a cream tea, flowers and activities. There were stories and articles of interest, recipes and craft activities. There was a zoom meeting for singing and activity on the day to which 25% came. The Zoom meeting included bingo (most popular) singing, movement and stories.

Celebration of Summer - 1 July 2021:

"Delighted with delivery. It is always presented beautifully and I appreciate it."

"I was asked to pass on thanks for the delicious Tea and all the interesting reading, material. They were all amazed by how much thought and care went into all the preparation. Renewed thanks for all your love and hard work"

"To all those involved with producing the Vintage Adventure bag and contents which were received today. All was very much appreciated and the scones and cream tea etc. so enjoyable.
Thank you so much."

"Once again many thanks to everyone involved in the production and delivery of such a lovely pack of goodies. There was something of interest for all tastes, including a delicious tea! I did and am enjoying it."

"Thank you so much for the Celebration of Summer afternoon, which I thoroughly enjoyed.
So much work must have gone into the preparation of the gift bags and the home baking was much appreciated! The same lady who delivered to me last time, is like a beam of sunshine coming in and it was good to see her again.
I am looking forward to the next session and pray for you all and the wonderful work you do for us "Oldies"/"Recycled Teenagers"! Thank you."

"Congratulations and a HUGE 'Thank you' to everyone who has worked so hard to make this afternoon such a happy special occasion. I was a guest at Jill's lovely home in Bassett and took along a friend from Hedge End Baptist Church and we had a splendid time with much chat and laughter and we enjoyed it so much. What a lot of hard work must have gone into the event and how kind people are to do so much - I'm sure it was much appreciated by everyone who joined in.
We all enjoyed the quiz and probably learnt quite a lot too! We got some of the questions right! Well done to all concerned."

"Thank you for the delicious cream tea and for all the care of the Caraway team providing such a wonderful celebration of summer. The attention to detail is amazing."

"Another lovely Holiday at Home package! Thank you all very much. My friend, June, and I had a great time unpacking our goodie bags, and then enjoyed our cream tea together. As always great attention to detail -we loved the addition of the little parasol."

Love Life & Laughter - 17 February 2022:

"She was delighted with her bag, especially the presentation of the tea: she can't eat very much at a time so the little cakes were really appreciated for both their size and their appearance."

"Five of us all enjoyed our Goody bags this afternoon, so please pass on HUGE THANKS to everyone involved. We were also able to join in the zoom, which was fun too."

"Have explored the contents of the bag…but kept tea till tomorrow.
The clown was very fun to make I think"

"The Zoom meeting went well, the singing I think went particularly well. Delivery of bags worked perfectly."

Creating Community: Vintage Adventure @ Home

Our Vintage Adventure @ Home project arose from transferring our monthly spiritual session and lunch club for older people into a pack delivered to your home. The pack includes activities, articles of interest, a recipe, songs and a worship and prayer sheet.

This has become a much valued and improved spiritual and social booklet researched, written, produced and delivered by a wonderful faithful group of volunteers. They vary the content, keep the picture to text ratio a happy one, and include local stories, recipes, quizzes and wordsearches.

The packs are widely available and are used by the Anna Chaplains to focus on supporting the housebound and their friends and neighbours. The chaplains say it is a rich and available resource that is instantly available to new contacts and referrals, and give a structure to community groups. The packs reflect the themes of the season and the country, such as the Older People Day in October, and faith events like Christmas and Easter.

This will continue and develop into an ongoing rich spiritual resource for housebound, and several Vintage Adventure meetings across the city.

All resources are available for free download on our website.

Year	Month	Edition Title	Number sent
2021	April	Friendship	241
	May	Living Water	214
	June	Being Thankful	218
	July	Gift of Gardens	218
	August	Time and Eternity	266
	September	Bread of Life	243
	October	Celebrating Older People	243
	November	Saints	214
	December	Angels	214

2022	January	New Year New Chapter	195
	February	God's Love for Us	195
	March	God's Wonderful Creation	190

An evaluation of the Vintage Adventure at Home project was done in March 2022, when an average of 220 packs were sent out monthly at a cost of about £10,000 a year. We were pleased to receive support from the All Churches Trust and Highfield Church for this project, which is ongoing.

Feedback

"I enjoy the sheer variety and interest of the pack, the stories, the poems, puzzles activities, worship and hymns. It makes me feel connected and not forgotten. I love to receive a letter in the post just for me. I have so few contacts so this is something I look forward to every month. "
"I liked the themed approach and the variety of content, both spiritual and general interest."
" I like to have something to read which is worth reading."
"It makes me think and reflect on all sorts of things."
"I appreciate the care and loving attention to detail that is given to every issue. Thank you."

Vintage Adventure is now happening face to face in churches. The combination of a social event with familiar hymns, worship, a bible reading and a story that arises, with some discussion is really appreciated. It is dementia and disability friendly, and includes some associated activities and crafts as well as opportunities for prayer.

Resourcing Chaplaincy: The Omega Course

Caraway has run and enables the Omega Course (in collaboration with Southampton Family Trust http://www.sftrust.org.uk/) several times online for training of chaplains and other older persons workers as well as it being an open course for any older people to attend. It has been run face to face in Chandlers Ford, but not online in the past year. More churches are taking it up for the rest of 2022.

Caraway is available in collaboration with churches across the city to provide support and resources for use for older people. Caraway works to engage, empower and encourage all those involved with the ministry for older people in churches and in the community.

Feedback from the Omega Course. (Chandlers Ford)

March 21 feedback: "*This course has been carefully thought about and prepared. The time and effort in producing the booklet and video input*

A weekly meeting lasting up to 2 hours for 6 weeks, available online or face to face.

The course explores:

What does it mean to grow old?

How can I embrace the increasing challenges of old age?

What do I have to look forward to?

What is a good death?

was well spent! The pace of the course was about right, allowing time for discussion and reflection either individually or in small groups was good. (it would be even better 'face to face' than over Zoom!)."

"Thank you for having me on the course and for all the hard work that was put into it in the first place. The whole concept was divinely inspired."

Annual Refresh and Resource Day March 2022

This was a face to face full day event held at St Nicolas Church, Swaythling with a focus on Dementia. About 70 people attended, mostly chaplains and their volunteers, and our memory café leaders and volunteers.
The keynote speakers were Dr Jennifer Bute and Debbie Thrower, CEO of the national Anna Chaplaincy Organisation.

The day was bright and sunny in a beautiful old church and guests enjoyed networking, and learning about dementia from the inside, music therapy, a carers reflections, all held by some lovely worship music and prayers.

Feedback:

"Lots of useful resources to take away and also those you sent afterwards. I want to make the time to re-look and think it through further. A very warm atmosphere amongst people, a sense of God's hand being on the day, a good variety of content ... just a great day! Thank you all."
"Understanding My Dementia - for the unique insight"
"Jennifer Bute's first session insights into her own experience of the way people approach her and how we can improve our communication with people with dementia"
"Welcoming group of people, great food, good ambience."

Supporting Care Homes: Spiritual Care Boxes and prayer cards, virtual Christian Services

With restricted visiting rules still in place for the much of the year, we have had little opportunity to interact with care homes. We have provided Spiritual Care Boxes, resources for the care home to use for residents.

A monthly prayer card is delivered to care homes and to named residents and we are starting to reintegrate with the residents.

We have found that a communal Christian worship service every 3 months is well received and up to 20 care homes, care hubs or individuals link on Zoom for the service. Our volunteers who provide this service are excellent, and there is a good mix of stories, prayers and the events of the Christian calendar. Packs of resources and gifts are circulated in advance.

Anna Chaplain for Southampton West

Revd Margaret Hague is our paid Anna Chaplain for Southampton West: Maybush, Lordshill and Rownhams, sponsored by the Henry Smith Charity.

This area has the highest density of older people in the city in deprived situations. There are 850 people living in sheltered accommodation in the west of Southampton. This is a needy population, not well off, and with poor physical and mental health. During Covid they were isolated and lonely. As Chaplain I am able to meet with many of the residents either through one of the two coffee drop ins we run per week or other coffee mornings the residents attend in their Housing blocks. I get many requests for one to one visits or phone calls for loneliness, bereavement, end of life care or to help someone re-engage with their faith. I have excellent monthly printed resources from my support charity, Caraway, a spiritual pack and prayer cards to extend my effectiveness.

I have 8 volunteers who help to run the sessions twice a week and I hope to engage more volunteers to be a presence in each supporting housing complex. I am grateful for support

from the local churches, St Peter's and Lordshill Church who have looked after me too.

There is no doubt that the funding from the Henry Smith Charity has allowed a large number of people in a poor area to receive spiritual support, and that considerable awareness and energy to help older people to help each other has occurred. There is so much more that can be done!

One resident celebrated her 100th birthday this year. I had got to know her by blessing her new home, helping her get to the drop in sessions, where she loved the crafts and won the quizzes! When her health declined, I visited to provide end of life spiritual care providing comfort to her and her family.

After her death, her daughter said:
"I don't think I could ever put into words the help, inspiration and kindness you have been to my dear departed Mum, myself and indeed all our family. We all agree that your coming into Mum's life was truly uplifting for her. Mum had a great faith and dear Margaret you enhanced this for her. Then I had the privilege of meeting you and little did I know what comfort and help you were going to bring into my life. After meeting you I began to feel uplifted in a way I had not felt for a long time and you certainly were to me one of life's earth angels. I will never forget the calm that you brought to that moment in my life."
Beneficiary quote

Our Volunteers: People helping people helping people……

It is true that apart from their badges, it is difficult to know at a Caraway event, who are the volunteers and who the guests. The majority of our volunteers are over 70 years old, and have a real heart for helping people. They are bright, resourceful, and work really well in their teams. They say they get a lot out of helping others less fortunate that themselves. Or maybe the volunteer helps because he or she knows what it is like to travel the dementia or old age journey, and they just want to help others through it. Such compassion and heart.

We have about 70 volunteers participating in:

- Dementia Wellbeing Volunteers for dementia.
- Memory Cafes and other Dementia Community Events
- Care Home Support
- Vintage Adventure @ Home
- Holiday @ Home
- The Omega Course
- Administrative and Operational support
- Other community supports such as Together We Stand, Hope Blooms and Prayer Cards

All volunteers are registered with Caraway and receive training and ongoing support.

One of our advisers spoke to our volunteers at their summer retreat:
"Caraway is like the garden, and contains many different personalities with different gifts. If there was only one type of flower blooming, It would be glorious for 2 weeks of the year and then nothing. But Caraway is richer than that.
As part of Caraway volunteers, you have your own unique time to bloom. You need the support of the other plants, to show your buds of promise before you explode into bloom for what might be a short time but a glorious time.
We are all different, some roses that smell lovely, some sunflowers bright and showy, and some, maybe shrubs that faithfully bloom year after year, or maybe you are like the rosemary bringing flavour and perfume to where you are planted. Ask God what you are like and know that you are what he means you to be, planted where he wants."

Regular training and resourcing events, also social events link our volunteers together.

Our Website and Publications: www.caraway.uk.com

The Caraway website provides an excellent window into our work and stores details of events, publications and is a safe way for anyone in Southampton to access the services of an Anna Chaplain or Caraway Volunteer.
Google suite for charities is providing a safe, efficient information and communication hub for our chaplains, volunteers and community contacts with other agencies and organisations. It gives a link to our regular newsletters, prayer letters and training documents.

The Important Role of Caraway

Our unique niche is providing spiritual care for the older person. It is about connecting them with community, hearing their sorrows and joys, being with them in times of loss, and providing meaning to life in the community. We do this with the abundance of God's provision, with love for the older person, and with an understanding of what it is to age and stay valued and engaged with our local community and or faith groups.
Our work with people living with Dementia has really grown in the last 12 months and we hold a vital connecting place for people living with dementia and their carers and health and social professionals.

The charity works with people of any faith or none and supports churches in Southampton providing services for older people.

What is Spiritual Care?

Spiritual care supports a person to explore their awareness of their meaning, purpose and connectiveness in life. It is listening and being present for that person, who may have a faith or not, and responding to their needs in the areas of grief and loss, crisis, ethical and moral issues and when in distress.

Our Aspirations for 2022-23

So, what do we expect over the coming year?

We have been thrilled at the creativity that we're already seeing in our teams to engage, sustain, support and resource the older community.

1. Develop the Caraway Chaplaincy structure for older people
   We aim to develop the Anna Chaplaincy work in Southampton, supporting and encouraging our existing Anna Chaplains, helping them recruit Anna Friends, and welcome new local chaplains from surrounding areas. This is needed as a safe and clear referral route and a safe response is needed as we are better known and have more chaplains covering more of Southampton. This will encompass the Bereavement and Loss Listening Service.
2. A new Anna Chaplain for Dementia
   We aim to fund raise for an Anna Chaplain for Dementia in the city to be part of the strategic vision for Southampton and to be an advocate for the spiritual
   well-being of this group.
3. Supporting carers of and those who live with dementia
   Continuation and development of the Memory cafes, Dementia Community and Wellbeing Volunteers for Dementia Scheme. We plan to expand these schemes to cover some of the more deprived areas of our city and continue developing our supportive role for volunteers and helping them support each other. We are working to evaluate the schemes and improve signposting opportunities. We will continue to work with the Admiral Nurses to run the area memory cafes for carers of and those who have dementia, and our Dementia Wellbeing volunteers.
4. Encourage older people to engage in helping their own community
   As the older population engages, new groups will spring up, and we will continue our new resources for the care home residents and housebound older people in our city. We plan to encourage collaborative projects where older people contribute to our city in meaningful ways.
5. Continued development of communications, volunteer and promotional support
   Jo Ladkin and Lo Cuoghi are our administrator and volunteer coordinator and publicity officer, paid for by Caraway. We are expanding the roles as the administrative demands for promoting and supporting the work of Caraway evolve. We hope that we will gain more funding for a paid coordinator for an Anna Chaplain for Dementia, the Dementia Community Development work and the Caraway Chaplaincy Service.
6. To develop Caraway Care, a new Bereavement and Loss service for older people

This telephone bereavement listening service has started in collaboration with the NHS Admiral Nurses. A demand was identified, and Caraway has responded, with training and supervision in place. Part of the task over this next period will be the development of the volunteer base, with telephone support, with the possibility of a Bereavement Group by next year.

7. Development of the Omega Course

   This course has been updated and needs to be published in a new version for sale in collaboration with Southampton Family Trust.

8. Refresh and Resource Day March 2023

   A day of training and reflection for all those involved in the ministry of older people in the South Of England and beyond. Focus will be on End of Life issues and our response to those involved in this care. It will be thought provoking, inspiring, creative, prayerful and fun. Date to be confirmed.

9. Raise funds to support these aspirations

   We have received several grants for our projects with older people. We will continue this fundraising activity to maintain our activity level and grow the chaplaincy service for volunteer and paid roles. We have received support from:

   - Henry Smith Trust to support Anna Chaplaincy in Southampton West.
   - Charles Hayward Fund for development of Holiday @ Home
   - National Lottery Covid fund for Bereavement and Loss Listening Service development.
   - Solent NHS for wellbeing volunteers for dementia.
   - Allchurches Hope Beyond grant for development of Vintage Adventure @ Home.
   - The Listeners Trust for publication of “Together We Stand.”

   We are incredibly grateful for these grant giving organisations.

The Caraway Team: Thank you for supporting Caraway, from the team…

Our Anna Chaplains (left to right):

- Margaret Hague,
- Marion Hitchins
- Kathy Hyde
- Carol Kidd
- Esther Clift
- Jackie Cooper (no photo)

Our Trustees (left to right):

- Revd Canon Dr Erica Roberts, City Chaplain for Older People in Southampton and Anna Chaplain
- Dr Rosalind Simpson, GP and Chair of Trustees
- Mr Terry Martin, Retired University Lecturer
- Esther Clift, Anna Chaplain and Consultant in Frailty at Southern Health Foundation Trust
- Katherine Barbour
- Dorenda Chapman

Rev Chris Knights was an inaugural trustee for Caraway and left Southampton in November 2021 to take up a new exciting post ion Durham. We are very grateful for his help in setting up Caraway and wish him well for his new post and life in the North. Thanks Chris.

Our Admin Team (left to right):

- Jo, Communications & Operations Assistant
- Lo, Communications & Volunteer Coordinator
- Maggie, Secretary
- Jill, Treasurer

Our Finances

Reserve's policy:

It is the policy of Caraway to maintain unrestricted funds which are our free reserves, at a minimum level of 3 m unrestricted expenditure. At April 1st 2022, there were reserves available to cover 6 m of expenditure.

Risk review:

The trustees have a risk register that sums up the main risks to the charity and we have put in place policies and systems to mitigate these risks. Volunteers are protected under the insurance of Ansvar.

We have a wide range of policies including safeguarding, equal opportunities, lone working, volunteer and data protection.

Accounts 2021-22

CARAWAY		Charity No	1177743	
		Company No		
Annual accounts for the period				
Period start date	01/04/2021	**To**	Period end date	31/03/2022

Section A Statement of financial activities (including summary income and expenditure account)

Recommended categories by activity	Guidance Note	**Unrestricted funds £**	**Restricted income funds £**	**Endowment funds £**	**Total funds £**	**Prior year funds £**
Income (Note 3)		F01	F02	F03	F04	F05
Income and endowments from:						
Donations and legacies	S01	8,165	-	-	8,165	9,516
Charitable activities	S02	2,338	24,213	-	26,551	34,082
Other trading activities	S03	-	-	-	-	-
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-
Total	S07	10,503	24,213	-	34,716	43,598
Expenditure (Notes 6)						

Expenditure on:						
Raising funds	S08	-	-	-	-	-
Charitable activities	S09	4,859	26,422	-	31,281	19,216
Separate material expense item	S10					
Other	S11	-	-	-	-	-
Total	S12	4,859	26,422	-	31,281	19,216
Net income/(expenditure) before tax for the reporting period	S13	5,644	-2,209	-	3,435	24,382
Tax payable	S14	-	-	-	-	-
Net income/(expenditure) after tax before investment gains/(losses)	S15	5,644	-2,209	-	3,435	24,382
Net gains/(losses) on investments	S16	-	-	-	-	-
Net income/(expenditure)	S17	5,644	-2,209	-	3,435	24,382
Extraordinary items	S18	-	-	-	-	
Transfers between funds	S19	-	-	-	-	-
Other recognised gains/(losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S20	-	-	-	-	-
Other gains/(losses)	S21	-	-	-	-	-
Net movement in funds	S22	5,644	-2,209	-	3,435	24,382
Reconciliation of funds:						
Total funds brought forward	S23	9,534	26,029	-	35,563	11,181
Total funds carried forward	S24	15,178	23,820	-	38,998	35,563

CHARITY COMMISSION FOR ENGLAND AND WALES	Independent examiner's report on the accounts	

Section A Independent Examiner's Report

Report to the trustees/ members of	Charity Name CARAWAY		
On accounts for the year ended	31/03/2022	Charityno. (if any)	1177743
Set out on pages	1-34		
Responsibilities and basis of report	I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2022 As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act"). I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.		

Independent examiner's statement	I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect: • the accounting records were not kept in accordance with section 130 of the Charities Act; or • the accounts did not accord with the accounting records; or • the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination. I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached. ** Please delete the words in the brackets if they do not apply.*		
Signed:	A Rush	Date:	06/06/2022
Name:	Amanda Rush		
Relevant professional qualification(s) or body (if any):	ICEAW Membership number 8124863		
Address:	Three Oaks Kew Lane Bursledon SO31 8DD		

Section B	Disclosure
	Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).
Give here brief details of any items that the examiner wishes to disclose.	None

Thank you for reading……..End of Report!

CARAWAY

England & Wales - Charity number 1177743

Accounts

Caraway Trustees Annual Report

for year-ending
31 March 2021

Registered Charity Number 1177743
(CIO Foundation Registered March 2018)
www.caraway.uk.com

Caraway Trustees Annual Report

Charitable Objectives

Gathering the Harvest in Our Later Years, “To promote social inclusion for the public benefit and to relieve the needs of older people who are socially excluded by virtue of their age, by providing such support as deemed appropriate to assist them to integrate into society in accordance with Christian Principles.

Our Vision

Our vision is to give those in their older years a voice, to be alongside the lonely, isolated and bereaved and create community, where connections can be made, and friendships can flourish. We want to see a society in which every older person is valued, affirmed and able to realize their full potential.

Our Mission Statement

To promote the spiritual wellbeing of those in their later years, in community, care or church, reaching out to those of all faiths or none, so that each older person continues to feel significant and to flourish until the end of their life.

Caraway works in partnership with churches, voluntary and statutory agencies to support the older person in their local community and to be an effective advocate for those whose voice is not heard.

We now have four Anna Chaplains together with Revd Dr Canon Erica Roberts, who is the City Chaplain for Older People. They enable the work of Caraway to be delivered in a way that is relevant for the local context.

The Context

In Southampton City, there are 30,800 people over the age of 65 years (2011 census). The incidence of dementia is rising and in 2012, more than 2,386 people live with dementia (GP records and Public Health). Of these, 1745 are living in the community and 641 are cared for in residential care. There are 32 care homes in the city, and 154 supported housing complexes. (www.housingcare.org). Day care services, carers and clubs for older people have largely been cut by the council and are provided by voluntary and charitable bodies such as Caraway.

The Trustees have:

- Paid due regard to the guidance in the Charity Commission's general guidance on public benefit in reviewing the work undertaken in the last 12 months.
- Monitored the areas of activity undertaken and the sources of referral made for the services.
- Supported the introduction of a new range of services in response to the changes brought about by the COVID-19 pandemic.

Our Aims and Objectives

1. To identify and meet the pastoral and spiritual needs of older people, their families and carers, in the community, within the church and for those who are live in residential care.
2. To build bridges between churches and their local community within the City of Southampton, between voluntary and statutory bodies and between the generations in our society, in order to be an effective advocate for the older person.

1: Living Water, VA @ Home pack

3. To support, resource and train volunteers in identifying the wider challenges of growing older and enabling them to support these needs appropriately e.g. loneliness, bereavement, dementia, end of life issues.
4. To help the local Church recognise the enormous resource of wisdom, experience and gifts that this generation can offer the wider community and to enable each older person to realise their full potential.

Erica Roberts City Chaplain for older people. Report June 2021

I can hardly believe that I'm declaring here just how exciting this past year has been for Caraway! To the backdrop of the loss, isolation and loneliness experienced by us all, the pain and frustration for our chaplains and volunteers not being able to visit our older people in community and care, we have incredibly, discovered so many new opportunities to reach those who live alone and are housebound.

This past year has also helped clarify our focus and priorities as we expand our Anna Chaplains to reach more communities in Southampton, as we widen our support for those living with dementia and their carers and as we develop resources for individuals, care homes and communities to promote and support their spiritual well-being in their later years.

And finally, a huge shout out and thank you to our amazing volunteers and growing Caraway team. It has been a joy to work with them all; a team of all ages, bringing a huge variety of gifts and skills, but all with such energy and enthusiasm. We are so excited to see what this coming year brings as we return to meeting face to face with volunteers, partners and most importantly our older community.

Dr Ros Simpson, Chair of Trustees says:

What a year! Our role as an older person's charity changed completely from one-to-one chats and support, group and mass events to a tight lockdown for all older people, especially those in care homes and those with various health issues.

We have instead worked as a solid team, working across Southampton with our Anna Chaplains, various churches and many many other volunteers to create rich and accessible spiri[City Chaplain Erica's report:]times as many that[]en gratefully received with amazing feedback that they hit the spot, and we are going from strength to strength.

Our staff increased to 3 with an administrator, a volunteer coordinator and publicity officer and a paid Anna Chaplain for Southampton West. We have been successful in achieving grants to fund the work.

We look forward to meeting our new contacts and supporting people all over Southampton to connect and support their local older people. This is achievable. We have worked hard to develop our dementia support projects and have gained an NHS contract for this work.

Well done to all our trustees, staff, volunteers and area workers for all you have achieved as teams in 2020-21 for the older people of Southampton.

How Caraway activities have delivered the public benefit…

For any Older people in the Community, the Anna Chaplains.

Anna Chaplains are part of the BRF National Programme to develop Chaplaincy across the UK (www.annachaplaincy.org.uk). Anna Chaplains are named after the widow, Anna, who appears with Simeon in Luke's gospel; both are good role models of faithful older people. Anna Chaplains are there for people of strong, little or no faith at all.

Anna Chaplains provide spiritual care appropriate for the local community; they can connect with the local churches, residential facilities and other community groups that care for the older person, listening to the local need and responding appropriately.

Our Anna Chaplains, Marion Hitchins, Kathy Hyde, Esther Clift and Margaret Hague have worked tirelessly all year supporting people on telephone calls, writing for our resources, facilitating the Vintage Adventure and Holidays at Home packs to reach far and wide.

Developing our Dementia work: New NHS and Admiral nurse Dementia carers Support Scheme and a lockdown support publication.

New NHS Contract Wellbeing Volunteers for Dementia, a new initiative collaborating with NHS and Admiral Nurses to create a telephone support and wellbeing call for carers of those living with dementia. *Start-up date 1.3.21.*

Trained volunteers telephone carers on a regular basis, to listen, care for and support carers. The aim is to offer the service to all carers living with someone who has dementia. When memory cafes are reopened, they can meet at a memory café.

We now have 12 trained volunteers calling 17 carers, growing but also being evaluated for improvements needed.

Caraway has a new Volunteer Coordinator, called Lo, who supports all our volunteers.

A lovely quote from one of our Wellbeing for Dementia Volunteers who gets as much from the experience as the contact being called. *“Just to let you know I have made contact with XXX. Lovely lady 87 yrs old. I am calling her once a week. Makes me feel very useful after chatting to my contacts”*

Working with Portswood Dementia Action Group, we produced a publication called "Together we Stand" monthly with articles, recipes, puzzles, stories and signposting. These were delivered by hand to 200 households living with dementia and 8 care homes. Doorstep chats maintained. connection care and listening.

New Bereavement and Loss Listening Service

In May 2020 we began a Bereavement and Loss Listening Service, starting with several referrals from the Admiral Nurses of those with a dementia related loss.

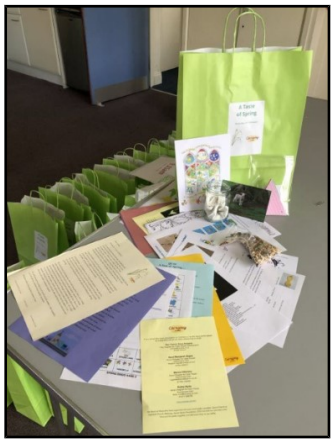
13 referrals have been helped by 5 listeners. We will be evaluating and developing this service as time and funds allow.

Combating Loneliness: Caraway aims to combat loneliness.

Telephone Support, each Anna Chaplain and other older peoples group leaders have done telephone support calls in lockdown to their participants weekly for a year now.

Hope Blooms flowers to housebound, in a community way and on an individual basis. Collaboration with "Hope Blooms", a lovely florist who prepares flowers free for older people weekly. We have delivered over 200 bouquets to isolated people.

Holidays@Home, Reaching out to any housebound older people, we organised 2 Holidays at Home, on the themes of the Mayflower (in line with the Southampton City) in November 2020, and a Taste of Spring on February 19th. Both were well received and went to about 175 households, not including care homes.



The days have included a cream tea, flowers and activities. There were stories and articles of interest, recipes and craft activities. There was a zoom meeting for singing and activity on the day to which 25% came. The Zoom meeting included bingo (most popular) singing, movement and stories.

Feedback from H@H Mayflower 400, 20th November 2020:

"All this goes a long way to substitute for the lovely Caraway days we spent together over the last few years and I pray we will be able to meet again next year. Please thank very much the team who helped you."

"Many thanks for the good work of all. You & your team have put in a great effort to deliver a delicious Tea & great Activities. Thank you all."

"Lovely tea ! Fun zoom!..... good idea to have breakout room at the beginning so we could just chat a bit."

"Thank you very much for this. I had been talking this morning about how to access the Zoom so now I know."

"So kind of you all to think of someone stranded on a Desert Island in the River Test. I shall make sure I enjoy the afternoon."

"I can hear my neighbour's business conversations through the wall so not sure what he will think is going on, especially if we sing Drunken Sailor."

Feedback from H@H,
Taste of Spring, February 10th 2021:

"A Big Thankyou for the delicious scone and fruit cake and all the contents of the goody bag. It put a spring in our step for sure, shaking us out of our winter lethargy. Several ex Tea clubbers asked me to pass on their thanks, recognising just how much

thought, planning and hard work is involved. Three told me how impressed their families are with the Christian love shown in such a tangible way - so it's an amazing witness stretching well beyond this city."

Receiving Taste of Spring Pack

"Thank you to you and the team."

"The afternoon tea was superb, the daffodils will keep us smiling for days to come. What a wonderful collection of activities for us.

An amazing achievement for the numbers involved and area covered.

The Saints exercise section is brilliant and I shall encourage my parents to do more of the sessions online and possibly join the live sessions."

Creating Community: Vintage Adventure at Home.

Our Vintage Adventure at Home project arose from transferring our monthly spiritual session and lunch club for older people into a pack delivered to your home. The pack includes activities, articles of interest, a recipe, songs and a worship and prayer sheet.

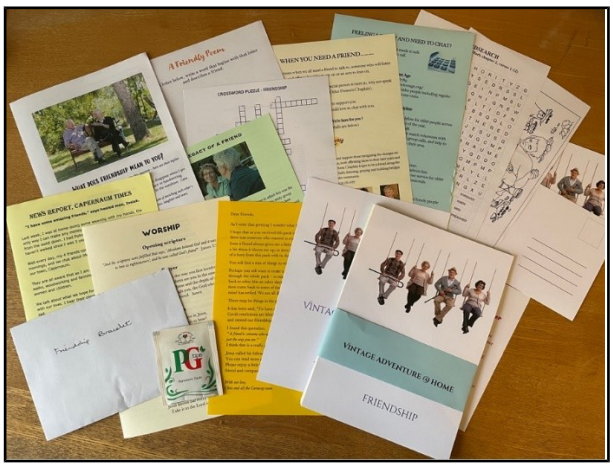
They are very popular and during the long lockdown year our circulation reached just over 300 for our Christmas edition. The usual numbers are 240 per month (see chart below).

This will continue and develop into an ongoing rich spiritual resource for housebound, and several Vintage Adventure meetings across the city.

All resources are available for free download on our website.

Year	Month	Edition Title	Number sent
2020	May	Breakfast on the Beach	40
	June	Prayer	
	July	Rest	80
	August	Hope	
	September	Harvest	
	October	Home	210
	November	Creativity	
	December	Christmas	300
2021	January	Light	250
	February	Comfort	255
	March	Easter	257

Feedback from survey in November 2020 about the Vintage Adventure at Home packs:



"Making those of us who are isolating to feel remembered and in touch. Spiritual and interesting"

"Very reassuring to have. You do an excellent job!"

"It's really helpful as there is no Vintage Adventure in church. I feel less cut off."

"It is great to feel connected while meeting up is so limited."

"The monthly packs are a good blend of all that has been missing and still is, with the corona virus pandemic."

"Take my mind off depressing times"

"I feel a connection with people I don't see since Covid came. I will happily pay postage."

"Rich spiritual food WOW"

"Very encouraging, helping me to remember God is with me. Making recipes to keep me busy.

'Heaven sent'. "

"Very helpful, keeping in contact with you all and you kindly thinking of me."

"Something for us to do together."

"Giving comfort and encouragement. Putting God's perspective on the world and present Covid pandemic."

"Really inspiring keeping us close to God."

Resourcing Chaplaincy: The Omega Course

Caraway has run the Omega Course (in collaboration with Southampton Family Trust http://www.sftrust.org.uk/) several times online for training of chaplains and other older persons workers as well as it being an

A weekly meeting lasting up to 2 hours for 6 weeks, available online or face to face.

The course explores:

What does it mean to grow old?

How can I embrace the increasing challenges of old age?

What do I have to look forward to?

What is a good death?

open course for any older people to attend. Over 30 people have attended this course with good feedback.

Collaboration with many churches across the city to provide support and resources for use for older people. Caraway works to engage, empower and encourage all those involved with the ministry for older people in churches and in the community.

Feedback from the Omega Course:

"Wow, This course has really given me a chance to explore my own feelings in a safe environment. How will I want to be remembered? What things are most important to me? The importance of listening , really listening. God loves us in all stages of our life."

"I have been reluctant to enter into this stage of life but have never been one to put my head in the sand. So I joined the course to embrace the fact that I am now classified as being in the elderly phase! Take advantage of talking with others also trying to embrace this and develop a positive attitude to being in this age group."

"It was well structured, well run and a good balance of input from a variety of contributors and using a variety of methods. It gave participants good opportunity to contribute and to interact. Each week there was a warm and individual welcome to each person. Although I wouldn't opt for a zoom course out of choice, this medium was used very well to present material and engage with participants."

"It was a great opportunity to hear wisdom on, and to discuss with others subjects which are not greatly talked about and which are so important. Well run and thought-provoking."

Supporting Care Homes: Spiritual Care Boxes and prayer cards in an unusual year for care homes.

With restricted visiting rules in place for the whole year, we have had little opportunity to interact with care homes. We have provided Spiritual Care Boxes, resources for the care home to use for residents.

A monthly prayer card and a magazine "Together We Stand" a lockdown publication for support and connection.

We have run services on Zoom, one for Christmas, one for Easter. It was lovely to see the residents and do something when there was so little we could do. We delivered packs in advance that contained these lovely handknitted angels.

11 Southampton care homes received a visit from our carol singers who sang a carol concert from the grounds of each home.

Carol singing at a care home.

2020	April	Easter	
	May	Anchoring	
	June	Lords Prayer	
	July	Summer	
	August	Hope	
	September	Harvest	
	October	Perseverance	131
	November	Remembrance	
	December	The Greatest Gift	182
2021	January	A New Year	198
	February	God's Everlasting Love	184
	March	Easter	

New Anna Chaplain for Southampton West:

Revd Margaret Hague is our paid Anna Chaplain for Southampton West, Maybush, Lordshill and Rownhams. This area has the highest density of older people in the city in deprived situations. In collaboration with churches , Margaret has been gaining contacts and relationships with key people in the supported housing, and preparing for coming out of lockdown with new groups and events, including a new chaplain service in a very large new supported housing block.

Our Volunteers:

We have about 50 volunteers participating in:

- Dementia Wellbeing Volunteers for dementia.
- Care Home Support
- Vintage Adventure at Home
- Holiday @ Home
- The Omega Course
- Administrative and Operational support
- Other community supports such as Together We Stand, Hope Blooms and Prayer Cards

All volunteers receive training and ongoing support.

Our Website and Publications: www.caraway.uk.com

The Caraway website provides an excellent window into our work and stores details of events, publications and is a safe way for anyone in Southampton to access the services of an Anna Chaplain or Caraway Volunteer.

Google suite for charities is providing a safe and efficient information and communication hub for our chaplains, volunteers and community contacts with other agencies and organisations. It gives a link to our regular newsletters, prayer letters and training documents.

The Important Role of Caraway

Our unique niche is providing spiritual care for the older person. It is about connecting them with community, hearing their sorrows and joys, being with them in times of loss, and providing meaning to life in the community. We do this with the abundance of God's provision, with love for the older person, and with an understanding of what it is to age and stay valued and engaged with our local community and or faith groups.

The charity works with people of any faith or none and supports churches in Southampton providing services for older people.

What is Spiritual Care?

Spiritual care supports a person to explore their awareness of their meaning, purpose and connectiveness in life. It is listening and being present for that person, who may have a faith or not, and responding to their needs in the areas of grief and loss, crisis, ethical and moral issues and when in distress.

Debbie Thrower, Pioneer, Anna Chaplaincy for Older People says…

"I'm bowled over to receive your edition of Vintage Adventure @ Home. What a lot of good things it contains.. I'm so full of admiration for the way you and the team in Southampton, as well as others in the Anna Chaplaincy network elsewhere, are coping and adapting to this new way of doing ministry. Thank you! Please keep all news of resources coming to me – ones you generate as well as ones you find helpful from other quarters - so we may share them with others and spawn other good ways of responding in this crisis and keeping people connected and spiritually fed. 'Feed my sheep"!

Quote from an Older Person receiving a Prayer Card…

"I would like to express my sincere thanks to all concerned for producing the 'Home Prayer' I received yesterday. One of my sons has been feeling a little unwell and although he doesn't think he has COVID-19 decided that it was better to be safe than sorry, so he has gone for a test this morning. Your prayers filled me with a bright hope and said much of what I have been feeling."

Our Aspirations for 2021/22

So, what do we expect over the coming year?

We have been thrilled at the creativity that we're already seeing in our teams to engage, sustain,
support and resource the older community.

1. Develop the Anna Chaplaincy base of Caraway

We aim to develop the Anna Chaplaincy work in Southampton, supporting and encouraging our existing Anna Chaplains, helping them recruit Anna Friends, and welcome new local chaplains from Surrounding areas.

2. A new Anna Chaplain for Dementia
   We aim to fund raise for an Anna Chaplain for Dementia in the city to be part of the strategic vision for Southampton and to be an advocate for the spiritual well-being of this group.
3. Supporting carers of those who live with dementia
   Continuation and development of the Wellbeing Volunteers for Dementia Scheme. We plan to expand both schemes and continue developing our supportive role for volunteers and helping them support each other. Working to evaluate the scheme and improve signposting opportunities. Work with the Admiral Nurses to resume and run the area memory cafes for carers of and those who have dementia, and our Dementia Wellbeing volunteers.
4. Encourage older people to engage in helping their own community
   As the older population come out of lockdown after the COVID-19 pandemic, new groups will spring up, and yet we will continue our new resources for the housebound older people in our city. We plan to encourage collaborative projects where older people contribute to our city in meaningful ways.
5. Continued development of communications, volunteer and promotional support
   Jo Ladkin and Lo Cuoghi are our administrator and volunteer coordinator and publicity officer, paid for by Caraway. We are expanding the role as the administrative demands for promoting and supporting the work of Caraway evolve. We hope that we will have a stronger social media and internet presence over the coming year.

6. To develop Caraway Care, a new Bereavement and Loss service for older people
   This telephone bereavement listening service has started in collaboration with the NHS Admiral Nurses. A demand was identified, and Caraway has responded, with training and supervision in place. Part of the task over this next period will be the development of the volunteer base, with telephone support, with the possibility of a Bereavement Group by next year.
7. Development of the Omega Course
   This course has been updated and needs to be published in a new version for sale in collaboration with Southampton Family Trust.
8. Refresh and Resource Day March 2022
   A day of training and reflection for all those involved in the ministry of older people in the South Of England and beyond. Focus will be on dementia and our response to those involved in the care of people who have dementia and the sufferers themselves. It will be thought provoking, inspiring, creative prayerful and fun. Date to be confirmed.
9. Raise funds to support these aspirations
   We have received several grants for our projects with older people. We will continue this fundraising activity to maintain our activity level and grow the chaplaincy service for volunteer and paid roles. We have received support from:
   - Henry Smith Trust to support Anna Chaplaincy in Southampton West.
   - Charles Hayward Fund for development of Holiday at Home
   - National Lottery Covid fund for Bereavement and Loss Listening Service development.
   - Solent NHS for wellbeing volunteers for dementia.
   - Allchurches Hope Beyond grant for development of Vintage Adventure at Home.
   - The Listeners Trust for publication of “Together We Stand.”

   We are incredibly grateful for these grant giving organisations.

The Caraway Team: **Thank you for supporting Caraway, from the team…**

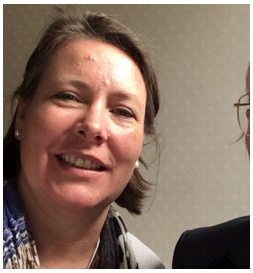
Our Anna Chaplains (left to right):

- Margaret
- Marion
- Kathy

Hague,
Hitchins
Hyde

Our Trustees (left to right):

- Revd Canon Dr Erica Roberts, *City Chaplain for Older People in Southampton and Anna Chaplain*
- Dr Rosalind Simpson, *GP and Chair of Trustees*
- The Revd Dr Chris Knights, *Priest in Charge, Parish of Lord's Hill & Lord's Wood, Southampton*
- Mr Terry Martin, *Retired University Lecturer*
- Esther Clift, *Anna Chaplain and Consultant in Frailty at Southern Health Foundation Trust*



Our Admin Team (left to right):

- Jo, Communications & Operations Assistant
- Lo, Communications & Volunteer Coordinator
- Maggie, Secretary
- Jill, Treasurer

Our Finances

Reserve's policy:

It is the policy of Caraway to maintain unrestricted funds which are our free reserves, at a minimum level of 1 m unrestricted expenditure. At April 1st 2021, there were reserves available to cover 6 m of expenditure.

Risk review:

The trustees have a risk register that sums up the main risks to the charity and we have put in place policies and systems to mitigate these risks. Volunteers are protected under the insurance of Ansvar.

We have a wide range of policies including safeguarding, equal opportunities, lone working, volunteer and data protection.

CARAWAY		Charity No	1177743		
		Company No			
Annual accounts for the period					
Period start date	01/04/2020	To	Period end date	31/03/2021	

Section A Statement of financial activities (including summary income and expenditure account)

Recommended categories by activity	Guidance Note	Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Prior year funds
		£	£	£	£	£
Income (Note 3)		F01	F02	F03	F04	F05
Income and endowments from:						
Donations and legacies	S01	9,516	-	-	9,516	7,342
Charitable activities	S02	3,224	30,858	-	34,082	648
Other trading activities	S03	-	-	-	-	-
Investments	S04	-	-	-	-	-
Separate material item of income	S05	-	-	-	-	-
Other	S06	-	-	-	-	-

Total	S07	12,740	30,858	-	43,598	7,990

Expenditure (Notes 6)						
Expenditure on:						
Raising funds	S08	-	-	-	-	-
Charitable activities	S09	13,948	5,268	-	19,216	9,462
Separate material expense item	S10					
Other	S11	-	-	-	-	-
Total	S12	13,948	5,268	-	19,216	9,462
Net income/(expenditure) before tax for the reporting period	S13	-1,208	25,590	-	24,382	-1,472
Tax payable	S14	-	-	-	-	-
Net income/(expenditure) after tax before investment gains/(losses)	S15	-1,208	25,590	-	24,382	-1,472
Net gains/ (losses) on investments	S16	-	-	-	-	-
Net income/(expenditure)	S17	-1,208	25,590	-	24,382	-1,472
Extraordinary items	S18	-	-	-	-	
Transfers between funds	S19	-	-	-	-	-
Other recognised gains/ (losses):						
Gains and losses on revaluation of fixed assets for the charity's own use	S20	-	-	-	-	-
Other gains/ (losses)	S21	-	-	-	-	-
Net movement in funds	S22	-1,208	25,590	-	24,382	-1,472
Reconciliation of funds:						
Total funds brought forward	S23	10,742	439	-	11,181	12,653
Total funds carried forward	S24	9,534	26,029	-	35,563	11,181

Proportion of income received from restricted grants is 69.7%
Proportion of giving from regular donations is 0.016%

Proportion of one-off donations is 18.21%
Other income is 8.4%

CHARITY COMMISSION FOR ENGLAND AND WALES

Independent examiner's report on the accounts

Section A **Independent Examiner's Report**

Report to the trustees/ members of	Charity Name CARAWAY		
On accounts for the year ended	31/03/2021	**Charity no (if any)**	1177743
Set out on pages	1-34		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31/03/2021

Responsibilities and basis of report

As the charity's trustees, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

[The charity's gross income exceeded £250,000 and I am qualified to undertake the examination by being a qualified member of The Institute of Chartered Accountants.

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed:	*A Rush*	**Date:**	08/05/2021
Name:	Amanda Rush		
Relevant professional qualification(s) or body (if any):	ICEAW Membership number 8124863		

Address:	Three Oaks
	Kew Lane, Bursledon
	SO31 8DD

Section B	**Disclosure**
	Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).
Give here brief details of any items that the examiner wishes to disclose.	

Thank you for reading.

End of Report!

@spirituallyresourcingtheolderperson

Date	Details	Ref
03/04/2020	ANSVAR INSURANCE UK SCW	
14/04/2020	MAILCHIMP *MISC	
29/04/2020	SARSEN PRESS LTD CARAWAY FOR KBARBOUR Together we stand	
29/04/2020	KATHERINE BARBOUR TOGETHER WE STAND	
29/04/2020	MARGARET HAGUE	
05/05/2020	ANSVAR INSURANCE UK	
06/05/2020	THESAURUS SOFTWARE - payroll subs	
12/05/2020	MAILCHIMP *MISC	
13/05/2020	ERICA ROBERTS EXPENSES	
19/05/2020	R SIMPSON EXPENSES	
20/05/2020	BUYITDIRECT CO UK CD LAPTOP FOR M HAGUE	
26/05/2020	DIOCESE OF WINCHESTER DBS fee	
28/05/2020	MARGARET HAGUE	
02/06/2020	THESAURUS SOFTWARE - payroll subs	
03/06/2020	ANSVAR INSURANCE UK	
11/06/2020	KATHY HYDE POSTAGE FOR CLASSIC CUPPA	
12/06/2020	MAILCHIMP *MISC	
25/06/2020	ERICA ROBERTS CARAWAY EXPENSES (Care Gifts)	
26/06/2020	MARGARET HAGUE	
29/06/2020	SARSEN PRESS LTD TOGETHER WE STAND	
03/07/2020	ANSVAR INSURANCE UK SCW	
06/07/2020	THESAURUS SOFTWARE - payroll subs	
13/07/2020	MAILCHIMP	
17/07/2020	JILL WHITE expenses CARAWAY PAYROLL SuB	
28/07/2020	SARSEN PRESS LTD TOGETHER WE STAND	
28/07/2020	KATHERINE BARBOUR TOGETHER WE STAND	
28/07/2020	KATHERINE BARBOUR TOGETHER WE STAND	
30/07/2020	MARGARET HAGUE	
03/08/2020	EE TOP UP VESTA	
05/08/2020	THESAURUS SOFTWARE CD 2212 - payroll subs	
12/08/2020	MAILCHIMP *MISC CD	
12/08/2020	SARSEN PRESS LTD TOGETHER WE STAND	
28/08/2020	MARGARET HAGUE	
02/09/2020	THESAURUS SOFTWARE CD 2212 - payroll subs	
03/09/2020	ZOOM.US	
10/09/2020	PAYPAL *ROYAL MAIL	
15/09/2020	PAYPAL *ROYAL MAIL	
23/09/2020	SARSEN PRESS LTD TOGETHER WE STAND	
23/09/2020	MARGARET HAGUE CARAWAY SALARY	
24/09/2020	Microsoft*Store CD 7316	
24/09/2020	ROYAL MAIL ONLINE CD 7316	
29/09/2020	LORETTA CARR CARAWAY SALARY	
05/10/2020	ANSVAR INSURANCE UK	
05/10/2020	ZOOM.US	
07/10/2020	THESAURUS SOFTWARE - payroll subs	
09/10/2020	HAMPSHIRE COUNTY COUNCIL - paper and envelopes	
09/10/2020	PAYPAL *ROYAL MAIL	
12/10/2020	MAILCHIMP *MISC	
14/10/2020	KAREN BICKNELL CELEBRATION OF AGE	
14/10/2020	JOANNA LADKIN Vintage expenses	

14/10/2020	EE TOP UP VESTA	
20/10/2020	SARSEN PRESS LTD TOGETHER WE STAND	
22/10/2020	THOMAS RIDLEY FOOD jam etc for teas	54.84
23/10/2020	PAYPAL *ROYAL MAIL	72.68
23/10/2020	AMAZON.CO.UK*3L8PE CD 7316	41.06
29/10/2020	JOANNA LADKIN SALARY	
29/10/2020	LORETTA CARR SALARY	
29/10/2020	MARGARET HAGUE SALARY	
30/10/2020	AMAZON.CO.UK printer for Jo	
03/11/2020	ROYAL MAIL ONLINE	65.00
03/11/2020	ANSVAR INSURANCE UK	
04/11/2020	ZOOM.US	
04/11/2020	AMZNMktplace - VA labels	8.20
04/11/2020	PAYPAL *ROYAL MAIL HAH postage	
04/11/2020	THESAURUS SOFTWARE - payroll subs	
05/11/2020	PAYPAL *ROYAL MAIL postage for prayer cards	
06/11/2020	AMAZON.CO.UK teabags HAH	

Total	'Staty/Resources	tertaining/Trav	Wages	HMRC	Speakers	subs	Pension
20.82							
29.20						29.20	
95.00							
23.27							
546.00			546.00				
20.82							
1.08						1.08	
29.39						29.39	
864.50							
459.05							
389.97	389.97						
12.00						12.00	
546.00			546.00				
1.08						1.08	
20.82							
152.00	152.00						
28.54						28.54	
247.00							
546.00			546.00				
95.00							
20.82							
1.08						1.08	
28.86						28.86	
58.80						58.80	
95.00							
7.32							
6.64							
546.00			546.00				
20.00							
0.60						0.60	
27.86						27.86	
95.00							
546.00			546.00				
0.60						0.60	
14.39						14.39	
20.68						20.68	
1.40						1.40	
95.00							
54.00			54.00				
79.99						79.99	
65.00	65.00						
234.00			234.00				
20.90							
14.39						14.39	
1.08						1.08	
14.70	14.70						
4.40						4.40	
28.10						28.10	
43.39		43.39					
68.73		68.73					

30.00							
95.00							
54.84		54.84					
-							
-							
585.00			585.00				
214.60			214.60				
546.00			546.00				
344.90	344.90						
-							
20.82							
14.39						14.39	
-							
1.40							
1.56						1.56	
4.40	4.40						
9.44							
-							
-							
-							
-							
-							
-							
-							
-							
7,867.71	621.67	166.96	4,363.60	-	-	383.52	-

4,363.60

Sundries	Insurance	Launch	Big Lottery Fund	Tea Dance	Care Gift Project	Listeners	Victory
	20.82						
						95.00	
						23.27	
	20.82						
					864.50		
					459.05		
	20.82						
					247.00		
						95.00	
	20.82						
						95.00	
						7.32	
						6.64	
20.00							
						95.00	
						95.00	
	20.90						

30.00

95.00

20.82

50.00 104.18 - - - 1,570.55 607.23 -

ayflower 4(Lottery Covid

1.4

9.44

- -

Section C **Notes to the accounts** **(cont)**

Note 6 **Expenditure**

Analysis	This year Unrestricted funds	Restricted income funds	Endowment funds	Total funds	Last year Unrestricted funds	Restricted income funds	Endowment funds	Total funds
Expenditure on raising funds:				£				£
Incurred seeking donations	-	-	-	-	-	-	-	-
Incurred seeking legacies	-	-	-	-	-	-	-	-
Incurred seeking grants	-	-	-	-	-	-	-	-
Operating membership schemes and social lotteries	-	-	-	-	-	-	-	-
Staging fundraising events	-	-	-	-	-	-	-	-
Fudraising agents	-	-	-	-	-	-	-	-
Operating charity shops	-	-	-	-	-	-	-	-
Operating a trading company undertaking non-charitable trading activity	-	-	-	-	-	-	-	-
Advertising, marketing, direct mail and publicity	-	-	-	-	-	-	-	-
Start up costs incurred in generating new source of future income	-	-	-	-	-	-	-	-
Database development costs	-	-	-	-	-	-	-	-
Other trading activities	-	-	-	-	-	-	-	-
Investment management costs:	-	-	-	-	-	-	-	-
Portfolio management costs	-	-	-	-	-	-	-	-
Cost of obtaining investment advice	-	-	-	-	-	-	-	-
Investment administration costs	-	-	-	-	-	-	-	-
Intellectual property licencing costs	-	-	-	-	-	-	-	-
Rent collection, property repairs and maintenance charges	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total expenditure on raising funds	-	-	-	-	-	-	-	-
Expenditure on charitable activities:								
RUNNING OF CHARITY DAY TO DAY	14,386	4,830	-	19,216	6,586	2,876	-	9,462
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total expenditure on charitable activities	14,386	4,830	-	19,216	6,586	2,876	-	9,462
Separate material item of expense								
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total	-	-	-	-	-	-	-	-
Other								
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-
Total other expenditure	-	-	-	-	-	-	-	-
TOTAL EXPENDITURE	14,386	4,830	-	19,216	6,586	2,876	-	9,462

Other information:

Analysis of expenditure on charitable activities

	This year				Last year			
Activity or programme	**Activities undertaken directly**	**Grant funding of activities**	**Support Costs**	**Total this year**	**Activities undertaken directly**	**Grant funding of activities**	**Support Costs**	**Total last year**
	£	**£**	**£**	**£**	**£**	**£**	**£**	**£**
SALARIES	8,682	3,111	-	11,793	5,284	-	-	5,284
OTHER	5,704	1,719	-	7,423	1,302	2,876	-	4,178
Other	-	-	-	-	-	-	-	-
Total	14,386	4,830	-	19,216	6,586	2,876	-	9,462

This year: Where sums originally denominated in foreign currency have been included in expenditure, explain the basis on which those sums have been translated into sterling (or the currency in which the accounts are drawn up).

N/A

Last year: Where sums originally denominated in foreign currency have been included in expenditure, explain the basis on which those sums have been translated into sterling (or the currency in which the accounts are drawn up).

N/A